

Teach English &
Get Paid to Explore the World
 Columbia, Chile, Brazil, 101 Countries, Egypt, Laos, Thailand, China, Peru, S. Korea, Japan, Mexico, Italy, Poland, etc...
Spring TESOL Course Starts: Tomorrow @ 5:30 pm - 41 York St.
 United TESOL 562-8370
 International College of Teacher Training Jobs Guaranteed

The world's largest global newspaper

metro

OTTAWA • TUESDAY, APRIL 20, 2010 metronews.ca

IT'S ABOUT TIME!

- ✓ Low Sales Commission
- ✓ Buyer Cash-Back
- ✓ Full Service REALTOR®

Ziglu...a different kind of real estate company.
 www.ziglu.com

ziglu real estate BROKERAGE

All rights reserved. Ziglu Inc. - Ziglu Real Estate Brokerage, Ottawa. Cities: Montreal, Quebec.

Luger's death 'unforeseeable,' report finds

OLYMPICS Gravitational force overpowered out-of-control Georgian luger Nodar Kumaritashvili and left him unable to avoid the crash that claimed his life hours before the opening ceremonies at the Vancouver Olympics, the International Luge Federation concluded in a report yesterday.

Still, the FIL insisted Kumaritashvili was "absolutely qualified" to be at the Games.

The FIL reaffirmed that the crash was an "unforeseeable fatal accident." It added that Kumaritashvili's sled reacted in ways that computer simulations could not foresee or mimic, the high-speed impact throwing him surprisingly skyward.

THE CANADIAN PRESS

FIND MORE ONLINE

metronews.ca

SCAN LIFE

WHAT'S THIS BARCODE FOR?

Find out on the Local page.



Food pg 22

Sorbet for a sweet tooth

On the web

Visit metronews.ca for news updates



Mounties stand on either side of Prime Minister Stephen Harper yesterday as he gives a speech marking the opening ceremony of National Victims of Crime Awareness Week in Ottawa.

With Homolka eligible, pardon reforms vowed

PM expresses frustration with weaknesses in justice system

Prime Minister Stephen Harper yesterday bemoaned the fact convicted killer Karla Homolka will be able to apply for a pardon later this year.

Harper cited Homolka's looming pardon eligibility as one of a series of frustrations he has felt in the last few weeks about the weaknesses in Canada's justice system.

Harper said the news serial killer Clifford Olson is receiving government pension benefits in prison was compounded by revelations by The Canadian Press that hockey coach Graham James received a pardon for sexual abuse convictions.

Homolka, who was con-

Karla Homolka

• Karla Homolka served a 12-year prison sentence for manslaughter in the deaths of Kristen French and Leslie Mahaffy after entering into a plea bargain with Ontario Crown

victed in the sex slayings of two teen girls, is also eligible to apply for a pardon through a system that grants "99 per cent" of applicants their wishes, Harper said.

"For many years, the vast majority of Canadians have found this deeply offensive. Now, they find it unacceptable," Harper told a victims' rights conference.

Harper has asked Public

officials in 1993. While she was never charged in the 1990 Christmas Eve drug-rape death of her sister, Tammy Homolka, her sentence took the incident into account.

Safety Minister Vic Toews to table new legislation in the coming months that would tighten the pardon system.

Toews said yesterday he would move quickly to introduce new legislation to deal with problems in the pardoning of criminals. He said he was spurred by the recent revelation that James quietly received his pardon three years ago.

Toews said a new law is

needed because he is not certain regulatory changes would address what happened in the James case.

Toronto lawyer Tim Danson, who represents the families of Homolka's victims, said as much as Homolka does not deserve to be pardoned, that doesn't mean other offenders should be denied the right to have their criminal convictions sealed.

Some convicts deserve a second chance to apply for jobs without the stigma of a criminal conviction, he said. If they aren't allowed to become productive members of society, then they could be driven back to criminal behaviour.

THE CANADIAN PRESS

Suspension, fine for cab driver over chit claims

TAXI After fining a cab driver \$12,000 and suspending his licence for six months, the chair of Ottawa's licence committee is hoping it will act as a warning to other taxi drivers who may have submitted irregular chits during last year's transit strike.

"We admonish any other drivers out there. We will get you. We will find out about you and we will sit in this room for as long as it takes," said River Ward Coun. Maria McRae.

In a joint submission filed to the city's licence committee yesterday, Awais Mohamed Hassan acknowledged he submitted irregular chits and apologized to the city's chief licence inspector, the committee and the city.

Hassan is a taxi driver and a licence plate holder. In the three weeks that the city operated a taxi-chit program to help vulnerable people get around the city during last year's bus strike, Hassan and co-driver Mukhtar A. Eid allegedly submitted more than \$24,000 worth of chits.

That's an excessively high amount, according to the city's bylaw department.

Hassan will have his licence suspended from May 1 until the end of August, then for two additional months sometime in 2011.

TIM WIECLAWSKI/
METRO OTTAWA



Awais Mohamed Hassan

BECOME OUR NEXT SCHOOL BUS DRIVER

First Student Canada

www.firststudentcanada.com

FREE TRAINING CALL TODAY!

613-688-0653



DPE Starts September 2010

Capital
Opportunity.
Global
Community.
Higher
Degree.

The Faculty of
Graduate Studies
& Research

GRADUATE DIPLOMA IN PUBLIC POLICY AND PROGRAM EVALUATION

Carleton University's School of Public Policy and Administration offers a Graduate Diploma in Public Policy and Program Evaluation (DPE) that is designed to give working professionals the advanced skills needed to more effectively conduct and manage evaluation. The DPE is intended to prepare graduates for the complex demands on evaluators and assist them in achieving professional designation.

The accredited DPE consists of six courses — four required and two electives. The courses are offered in an executive format so that students can complete the DPE in 14 months while working full-time. The courses include:

- **Policy and Program Evaluation** (Evaluation Theory and Practice)
- **Research Design I** (Qualitative Methods)
- **Research Design II** (Quantitative Methods)
- **Cases and Applications in Evaluation** (a capstone course that integrates and applies the material)
- **Two optional courses**

PROGRAM STARTS SEPTEMBER 2010

EARLY APPLICATIONS BY MAY 15, 2010

FINAL APPLICATION DEADLINE IS JULY 1, 2010

Apply now! Visit our website for more information.

www.carleton.ca/sppa

News on the Move

IN THREE EASY STEPS

1 DOWNLOAD THE FREE SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA



3

Local



NAC player wins Juno Award

National Arts Centre principal double bassist Joel Quarrington, left, has won a Juno Award in the Classical Album of the Year: Solo or Chamber Ensemble category for his debut CD, Garden Scene. Quarrington's colleagues were delighted to hear that he was recognized alongside some of Canada's best recording artists, said Christopher Deacon, the managing director of the NAC Orchestra.

METRO OTTAWA



News in brief

CHARGES An Ottawa police officer was charged after police stopped a vehicle Sunday night and arrested a man for driving while under the influence of alcohol. The man was charged with impaired operation of a motor vehicle and over 80. The driver was later identified as off-duty Const. David Dubois, who was reassigned to administrative duties effective immediately. The Ottawa Police Service Professional Standards Section has begun an investigation and charges may be laid under the Police Services Act. Dubois appears in court May 4.

METRO OTTAWA

Volunteer experience alters local's life

TRACEY TONG
tracey.tong@metronews.ca

For some people, a week of working under the hot sun in a poverty-stricken community would be more of a punishment than a prize.

But not for Ottawa resident Alannah Ford.

With this week marking National Volunteer Week in Canada, the 20-year-old was thrilled to learn she'd won a trip through the Reach Out with Red Rose contest that will allow her to travel to the Masai Mara region of Kenya for a week this June to help build a school with Free the Children.

It's not like she doesn't know what she's getting into, either.

This will be the Carleton University student's second trip to the country.



Ottawa's Alannah Ford is surrounded by children from Salabwek, Kenya, at the completion of a schoolhouse building project last year. Ford is returning to Kenya to volunteer this June.

Last year, she helped to build a school in Salabwek, Kenya, and loved the experience.

She had spent seven days

digging trenches with pickaxes and shovels, mixing cement by hand, stacking bricks and laying the floor.

"It's physically exhausting and the African heat gets to you," she said. "But you're there for a purpose, so you work your hardest."

You don't want to come back thinking you could have done more."

She can't wait to go back.

"There are no words to describe what a positive and enriching experience it was," she said.

"I think of it, and the people I met there every day."

"Now, I think about every choice I make — I wear socially conscious clothing and I eat organic food and I make sure everything is fairly traded, she said.

"I don't spend money frivolously."

Poverty in Third World countries is something you always see on TV, she said, but after she went to Kenya, "it had a name and a face."

"You really get to know the people in the community," she said.

Union, OC Transpo meet to talk

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

LABOUR Even before last year's transit strike, the relationship between OC Transpo senior management and the employees union was a bit strained.

Now both sides are getting together and working to smooth things out.

At the start of the month, senior transit managers with the city and Amalgamated Transit Union local 279 executive board members got together for a two-day workshop offered by the Federal Mediation and Conciliation

Services.

The workshop is the first step toward developing a better process in resolving issues between the two groups.

"It's sort of like marriage counselling for management and union," said ATU 279 vice-president Mike Aldrich. "We're trying to build up the relationship a bit better and hopefully rebuild the trust."

Aldrich said transit management and the union are chronically at odds over scheduling, or equipment and fleet bookings and vacations.

A better relationship will help OC Transpo deal with

issues before they have to go to arbitration or the labour board, without airing their dirty laundry in public.

"We can't keep on the way it is — banging heads every day of the week," said Aldrich.

"We're all here for the same purpose and we have to start to realize that."

The end result, said Aldrich, will be happier employees, which should mean better service for transit users. There are two more workshops scheduled for May and June, with the possibility of more help from the FMCS throughout the year.

Backer of Lansdowne plan declines debate with Glebe naysayer

URBAN PLANNING After a public exchange over the viability of the Lansdowne Partnership Plan over the weekend, proponent Roger Greenberg has declined an invite to a public debate on the issue with leading critic Ian Lee.

Lee, a Glebe resident and also the director of the MBA program at the Sprott School of Business at Carleton University, offered the debate in response to a letter that Greenberg sent to city councillors over the

weekend.

In the letter, Greenberg refers to comments Lee made a couple of weeks ago about the financial arrangement of the stadium as "misleading information."

Lee responded with the offering of a public debate on the issue.

However, Greenberg declined, stating that he sees "no point in debating an issue that council has already decided on."

TIM WIECLAWSKI/METRO OTTAWA

metronews.ca

WHAT'S ONLINE TODAY

Immigration Guidy Mamann on the perils of determining genuine relationships at metronews.ca/immigration



Lotteries

Ontario Pick 3: 8 8 6; Ontario Pick 4: 7 1 6 0
Encore: 405637
Daily Keno: 3, 10, 15, 17, 18, 22, 23, 24, 27, 30, 40, 41, 42, 45, 52, 53, 55, 64, 65, 66
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Anniversary Sale

Kona - Brodie - Steelwool - Masi - Surly - Niner - Specialized - Chrome

5-20% off all bicycles*

20% off all parts and accessories*

April 19th - 24th

*Sale limited to in stock items only. This offer can be changed at any time by Tall Tree Cycles.

TALL TREE CYCLES

Westboro's Bicycle Specialists

www.talltreecycles.ca

255 Richmond Rd. 613-725-BIKE

An Ottawa man faces several charges, including sexual assault and theft, after two incidents involving female escorts. Asad Noor Saheh, 24, appeared in court yesterday. **METRO OTTAWA**

Man charged after boy sexually assaulted

INVESTIGATION An Ottawa man faces five counts each of sexual assault, sexual interference and invitation to sexual touching following a three-month investigation by Ottawa police.

The sexual assault/child abuse section began an investigation after receiving a complaint that a 10-year-old boy was sexually assaulted on multiple occasions between July and De-

cember of 2009 in both Ottawa and Niagara Falls.

Scott Robert Bareham, 32, was arrested last month and remains in custody.

TRACEY TONG/METRO OTTAWA

News in brief

BARN BLAZE Police are investigating a suspicious fire that completely destroyed a barn in Stittsville late Sunday night. One firefighter was injured fighting the blaze. Damage is

estimated to be \$100,000.

CHILD PORN A Minnesota man is charged with child pornography offences after a Canada Border Services Agent conducted a random check of his com-

puter while he was attempting to enter Canada last Thursday. Ryan Matheson, 25, is charged with possession and importing child pornography.

METRO OTTAWA



Orleans powerlifter Maggie Rafferty, at the recent National Powerlifting Championships, is headed to Texas for the World Benchpress Championships after winning her weight class.

Local woman to pull her weight at worlds

Future teacher takes fast track in powerlifting

TRACEY TONG
tracy.tong@metronews.ca

She may only stand five feet, two inches tall and tip the scales at just over 120 pounds, but don't let Maggie Rafferty's size fool you.

The 25-year-old Orleans resident, who works as a personal trainer, packs a lot of power.

Rafferty, who recently won the women's open category for her weight class at the national powerlifting championships, is on her way to Texas next month, where she will represent Canada in the World Benchpress Championships.

Rafferty, who will be starting teachers' college at

"Everyone said I was going to get bulky, but I leaned out quite a bit."

Maggie Rafferty

the University of Ottawa in September and power lifts as a hobby, is thrilled.

"I couldn't have imagined this," said Rafferty, the only female lifter from Ontario advancing to the world championships.

For Rafferty, it's been a fast track to success.

A former rugby player, she had done some weight training in the past.

"A few people at my gym compete at powerlifting, and steered me towards it,"

she said.

She was hooked. "Everyone in the sport is so nice," she said. "I'd done the team sport thing before, and this is nice because I can train when I want, on my own time."

She began training seriously last October with the help of her boyfriend, qualifying for the provincials in her second month.

"Everyone said I was going to get bulky, but I leaned out quite a bit," she said. By cutting out junk food, she lost weight but gained muscle, and at the nationals in Quebec City, she was able to squat 125 kg, bench press 77.5 kg, and dead lift 120 kg.

She's hoping to place in the top 10 at the worlds.

Roller derby queens jam it

MIRANDA MINASSIAN
for Metro Ottawa

FLAT TRACK What do you get when you mix hot pants with fierce competition?

Roller derby — an all female endurance sport, punctuated by over-the-top outfits.

"We practise skills, do drills and compete, we just do it all in fishnets," said Ottawa Roller Derby team member Carli (Rainbow Spite) Staub.

Not a traditional athlete, Staub found her place with in the roller derby squad.

"There is this team feeling amongst the women that I relate to," said Staub. The sport also fosters a great respect for female bodies of all shapes and sizes, she added.

Roller derby finds its



Ottawa Roller Derby girls Sarah Naegels and Bella Lewkowicz help raise awareness for the sport at a roller-disco event held recently.

roots in early 1900s, though its most current form is a result of a movement out of California in early 2000.

In its current form, hour-

long matches, or bouts, consist of five players from each team competing on a flat track to win plays, called jams.

Jams are made up of teams trying to pass one of their skaters — called the jammer — through the entire pack of skaters, while simultaneously trying to prevent the opponents' jammer from passing through.

City resident Tamara Hudon was inspired to check out the sport after seeing last year's derby-themed film, Whip It.

"I'm going out for the fresh-meat session, and wanted to try out roller skating," said Hudon.

The women of Ottawa Roller Derby are holding their fresh-meat tryouts later this month.

beddington's
bed & bath

WAREHOUSE SALE

up to **80% OFF**

April 21-25, 2010

ENTER TO WIN \$500 SHOPPING SPREE SWEEPSTAKES!

Contest details & entry only available at the Warehouse Sale!

SALE STARTS TOMORROW AT 9AM

duvet covers • pillows • duvets • blankets • home décor • bath mats
sheet sets • towels • bath accessories • bathrobes • shower curtains
costume jewellery • ladies handbags • glassware • pots & pans
dinnerware sets... **and SO MUCH MORE!**

+ Featuring many Unique Items NOT FOUND IN OUR STORES!

5 DAYS ONLY!

The **Ottawa Kanata Sunrise Rotary Club** will be hosting a **Charity BBQ** on site with **all proceeds** supporting the **"Back Pack Program"**. All funds raised will be used to purchase back packs, fill them with school supplies and donate them to needy children in the Ottawa area.

3 Iber Road, Stittsville
All Sales Final! While Quantities Last!

Interac VISA MasterCard

Wed.-Sat. 9am - 9pm
Sunday 10am - 6pm

www.beddingtons.com

Map: Iber Road, Stittsville, Hwy 417, Hazeldean Road, Terry Fox Drive, Sobey's, W, S

J·E·F·F·C·O·O·P·E·R

together starts now



HOWARD

Fine Jewellers & Custom Designers

220 Sparks Street at Bank Street
Ottawa 613.238.3300 howard.ca

Lap-dancing teachers both out of work
Two Manitoba high school teachers whose enthusiasm at a pep rally morphed into a mock lap dance that became an Internet sensation are now out of jobs. The chairwoman of the Winnipeg School Division said teacher Chrystie Fitchner's resignation was accepted yesterday while the short-term contract for Adeil Ahmed expired and would not be renewed. **THE CANADIAN PRESS**

Canada



Liberals aim to save long-gun registry

Liberal Leader Michael Ignatieff says he'll require his caucus to oppose the next vote to scrap the controversial long-gun registry. The move aims to save the registry and avoid a split in the Liberal ranks after some opposition MPs voted for the government legislation last time around. To make it more palatable to his MPs — especially those from rural areas — Ignatieff says he'll propose changes to the registry, including decriminalizing the failure to register long guns. **THE CANADIAN PRESS**

Former MP to testify

NDP fail to block Jaffer's appearance before committee

Rahim Jaffer is to speak publicly for the first time this week about the allegations of improper lobbying that hang like a cloud over him and his young consulting business.

The NDP had tried unsuccessfully yesterday to thwart their appearance at a Commons committee, their appetite for the scandal suddenly waning.

Jaffer's business partner at Green Power Generation, a company

that promotes sustainable technologies and renewable energy projects, said they were anxious to address the allegations of unregistered lobbying with the Conservative government.

"We want to get this thing over with," Patrick Glemaud said of the appearance at the government operations committee tomorrow.

"Our concern is that we want to be treated fairly, and our concern is

we want to be sure that there's a notion of natural justice, especially since the Liberal party already made a request of the commissioner of lobbying to do an investigation, and this committee is talking about the same topic."

The NDP's Pat Martin had questioned the usefulness of the "circus" that would take place before the RCMP, ethics and lobbying commissioners could conduct their own

investigations. But ultimately his bid to stop the appearance did not make it to a vote at the committee late yesterday, as the Liberals filibustered.

THE CANADIAN PRESS



Rahim Jaffer



Jean 'lances Congo's biggest boil' in tough talk on systemic rape.

Scan code for more. Learn how to scan on the Local page.



An Air Canada jet sits on the tarmac at the airport yesterday in St. John's, N.L. Heavy fog, and not volcanic ash, has delayed air travel.

Volcanic ash no threat to Eastern Canada: Officials

AIR TRAVEL Concern that a volcanic eruption in Iceland could have an impact on Eastern Canada diminished greatly yesterday with data that suggested no significant ash in the atmosphere east of Newfoundland.

The Canadian Meteorological Centre in Montreal also said the Eyjafjallajökull volcano, which erupted April 14, sending a massive ash plume into the sky, appeared to be settling down.

"Based on satellite imagery and reports from pilots, there's no evidence of any significant amount of volcanic ash west of a line that runs through Iceland," said Richard Hogue, the centre's director of national prediction operations.

"Reports suggest that the volcano has really calmed down. For now the news is good."

Concerns were raised over the weekend that the ash had the potential to blow westward toward Newfoundland.

Prevalent winds in the jet stream have been carrying most of the dense ash cloud east to Europe, shutting down the primary commercial air corridor between North America and Europe.

Although there were no flight restrictions in Canadian airspace, some domestic airlines cancelled flights out of St. John's, N.L., on Sunday after British meteorologists suggested that ash could be heading towards Atlantic Canada.

However, by yesterday most airlines operating at the St. John's airport were returning to normal schedules, impeded only by heavy fog.

THE CANADIAN PRESS

Woman in cross-burning case finds car torched

NOVA SCOTIA Michelle Lyon says the fear she felt when a cross was burned on the front lawn of her home in Nova Scotia returned on the weekend after her car was gutted by fire.

The cross burning in February outside the home Lyon shares with Shayne Howe in Poplar Grove led to hate crime charges against two brothers.

After the incident, the interracial couple thought about moving from the small community about 50 kilometres northwest of Halifax, but they decided to remain after a groundswell of public support.

RCMP say they are investigating what happened to the car, which went up in flames while it was parked at a neighbouring property on Saturday. But a po-

Accused cross burner pleads not guilty

- One of the two brothers charged in the cross burning pleaded not guilty yesterday to a hate crime and other charges.
- Justin Rehberg, 19, will go to trial Oct. 18 in provincial court in Windsor.
- The case against his brother, Nathan Rehberg, 20, was also

in court but he didn't enter a plea. He returns to court May 18.

- Neither one of the brothers appeared in court yesterday.
- The Rehbergs were earlier released on \$5,000 bail and ordered to stay with their grandparents.

lice spokeswoman said the investigation is in its early stages and she could not say if there is any link to the hate crimes case.

The incident has left Lyon shaken.

"Angry, very angry," she said yesterday after the cross-burning case was back in court in Windsor, N.S. "That was my car, you know, there's nothing left to it. Nothing."

She said the burned-out

car has left her fearful again. "The fear factor has gone back up, to say the least."

Lyon said she doesn't know what to make of her car being burned.

"I said before, you know, what's next, what's next? And now my car is burnt. I'm very hurt, very hurt, angry, angry. But I am glad the police are investigating it."

THE CANADIAN PRESS

News in brief

AFGHANISTAN Canada's role will shift from the war room to the classroom after troops leave Afghanistan next year. A decade-long involvement in Afghanistan will last up to another 10 years as Canada oversees the training of Afghan teachers. The Canadian International Development Agency is seeking firms to help Afghanistan certify its teachers.

TRIAL A man serving a prison sentence for a violent home invasion has been ordered to stand trial on unrelated charges that were thrown out due to a bail hearing delay. The case of Davood Zarinchang outraged police and politicians, who called for a public inquiry after a Canada-wide warrant was issued on the home invasion charges in February 2008 — just 13 weeks after Zarinchang was released from jail.

THE CANADIAN PRESS



Apartment living made easy

The Riversides

- 1 & 2 bedrooms
- Close to Rapid Transit, Rideau River, shopping, bicycle paths and Downtown
- Comfortable suites with carpeting, in-suite storage and private balcony
- Fitness room, hot tub, sauna, indoor and outdoor pool and more

More at **vertica.ca**

1 BEDROOMS FROM

\$ **885***

1541, 1551 AND 1591 RIVERSIDE DRIVE

613 523 9650



VERTICA
RESIDENT SERVICES

* Prices and suite availability subject to change. Suites are unfurnished.

Average family spent two-fifths of income on taxes: Fraser Institute

A prominent think-tank says Canadian families spend more than two-fifths of their total income on taxes. The Fraser Institute's annual Canadian Consumer Tax Index calculated that taxes ate up 41.7 per cent of the average family's income in 2009. That's up from 1981 when taxes accounted for 40.8 per cent. **THE CANADIAN PRESS**

canada 7

Where bootleggers earn \$10,000 a weekend

Nunavut embarks on liquor control review in attempt to curb sale of counterfeit booze

The Nunavut government is fed up with bootleggers making \$10,000 in a single weekend and is moving to deal with the territory's crippling alcohol problem.

An effort to reform the territory's liquor laws begins today, but Nunavut's justice minister is already talking about sky-high fines for bootleggers and legislation to allow the government to confiscate their homes, boats and

snowmobiles.

"You've got bootleggers making \$10,000 or \$15,000 in a weekend, a small fine is insignificant to them," said Keith Peterson.

"But if they're at risk of a \$25,000 or \$50,000 fine, or if you can lose all your assets from the proceeds of crime, that could make some of the bigger bootleggers think twice."

Peterson is to meet with the 10 people on a ministe-

\$400,000

Police estimate they've seized about \$400,000 worth of liquor and cash so far this year. In one recent weekend, Iqaluit RCMP broke up a ring that had stockpiled about \$235,000 in alcohol and liquor permits.

rial task force charged with holding public hearings in all 25 Nunavut communities on how liquor should be controlled.

The whole review is ex-

pected to take about 18 months, Peterson said, but he hopes bootlegging can be attacked right away.

Liquor is already tightly controlled in Nunavut. The territory has no liquor

stores.

In five communities, including Iqaluit, anyone who wants a bottle of wine or a case of beer has to get a permit, order the alcohol in and pick it up at a government warehouse.

In 13 other communities, "alcohol education committees" decide whether to grant a permit based on an order's size and the reputation of the person placing it. And in

seven communities, no liquor is allowed at all — at least officially.

Alcohol, however, is widely available. One Baffin Island community, supposedly dry, recently felt it necessary to pass a public intoxication bylaw.

Peterson said a 1.1-litre bottle of vodka sells for anywhere from \$200 to \$450, depending on the size of the community.

THE CANADIAN PRESS

B.C. to proceed with massive hydro project on Peace River

POWER The B.C. government is boasting of a clean, green and visionary solution to the province's energy needs by announcing it will move forward with a massive hydroelectric project on the Peace River.

The Site C dam could be up and running by 2020, providing about 900 megawatts of power and 4,600 gigawatt hours of electricity every year, Premier Gordon Campbell said Monday.

Campbell made the announcement at the W.A.C. Bennett dam, in the northeast corner of the province, the first dam on the Peace River to generate power for the province, starting in 1968. Campbell told politicians, B.C. Hydro employees and those who

worked on the Bennett dam decades ago, that the government will follow the footsteps of visionary politicians who pushed forward with the Bennett dam.

"As we travel around the world on behalf of British Columbia and tell the world that 90 per cent of our power is clean power, they are in awe," Campbell said. "They're incredulous that we were able to think that far ahead."

But construction of the Site C dam, which was estimated years ago to cost about \$6 billion, is far from guaranteed.

Energy Minister Blair Lekstrom said there are many hoops to jump through before the construction moves on to the next stage. **THE CANADIAN PRESS**

Plattsville Soldier brought home



The casket of Pte. William Tyler Todd is carried at his funeral yesterday afternoon at Plattsville Missionary Church in Plattsville, Ont., a suburb of Kitchener. Todd was killed in a roadside bomb blast in Afghanistan over a week ago.

Tories' deadline for stimulus funds too rigid: Liberals

SPENDING The federal Liberals say the government needs to show some flexibility in the timing of its stimulus funds, or risk inflicting municipal taxpayers with shoddy projects and higher tax bills.

Infrastructure critic Gerard Kennedy says municipalities and construction firms are already telling him about rising costs linked to Ottawa's deadline to spend stimulus money by the end of next March.

Kennedy says some municipalities won't be able to finish their projects by then, for a variety of reasons — permits, weather, delays in funding from other levels of government.

THE CANADIAN PRESS

No peace without justice, Afghan ambassador says

KABUL Any possible peace deal with insurgents will be almost impossible to achieve in Afghanistan until the country comes to grips with the war crimes that have bloodied its recent past, says Canada's ambassador to Kabul.

Reconciliation in this country, torn asunder by decades of fighting, will never firmly take hold until there is some form of transitional justice, William Crosbie said.

There are published reports that the Taliban's Mullah Omar is willing to negotiate peace with western countries, a notion

Teenager killed

- One teenager died and four others were injured yesterday when a donkey cart exploded at a police checkpoint in the city.

that is being greeted with skepticism on the streets of Kandahar, which is reeling from a recent wave of renewed violence.

The report follows direct negotiations last month between Afghan President Hamid Karzai and representatives of another insurgent group, Hizb-i-Islami. **THE CANADIAN PRESS**

News in brief

SCHOOL BUS A boy was listed in critical condition yesterday after being struck by a school bus southeast of Montreal. Police say the boy, who is about 13 years old, was hit by the vehicle while riding his bicycle in

St-Jean-sur-Richelieu. Police spokesman Martin Ancil says the boy ended up underneath the adapted-transport bus. Ancil says the boy was seriously hurt and taken to hospital.

THE CANADIAN PRESS

Interested in modeling and thought you couldn't afford it?

RDI makes it affordable

\$99 Introduction to Modeling

NO HIDDEN FEES

4-week introduction to the basics of modeling:

- Runway • In-class sessions
- Test shoot • and more

\$69 Introduction to Modeling for Kids

AGES 6-12



rdi

MODEL & TALENT

Looking for Models

M/F, ALL AGES, ALL CATEGORIES
KIDS, TEENS, PLUS SIZES and more

CALL NOW FOR DETAILS

613-745-5100 ext. 224
www.rdimodel.com

STARS
MEN'S WEAR

OUTDOOR ATHLETIC
TEAM

Mirage
Tanning

Rideau
Floral

Space is limited. 18 and under must be accompanied by an adult. Prints not included; no hair or makeup; photography subject to availability. Some conditions may apply. Applicable taxes extra. T.M.Goble is CEO and controller of RDI Corp. Prices subject to change without notice. Offer ends April 23rd, 2010.

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Bigger issues at hand

NationalReport

Lawrence Martin

metronews.ca/nationalreport

All the sound and fury over the Helena Guergis affair, which may turn out to signify nothing, or very little, has served to camouflage matters more serious.

The story to watch this week is not Hurricane Helena. It is a likely historic decision by House of Commons Speaker Peter Milliken on executive power versus parliamentary power.

In many cases, the Harper government has been able to stay out of trouble by shielding information from the public eye. There are indications that it might soon pay the price. Milliken will

rule on the prime minister's bid to defy the will of Parliament in blocking the Commons' request for documents on the Afghan detainees affair.

The Conservatives have thus far only released heavily censored documents. They argue that to release them would jeopardize national security. It's a convenient rationale and has been used and likely abused countless times on countless issues.

If Milliken rules in favour of the rights of Parliament, it could lead to a devastating string of embarrassments for the government. Recent testimony

from a number of sources suggests strongly that contrary to what the government has been saying, it knew prisoners taken by Canadian soldiers were turned over to Afghan authorities for torture. Chances are good the uncensored documents will prove this. That would mean the government would be caught red-handed in having repeatedly misled Parliament with its statements on the matter. It would mean it could be found to have violated the Geneva Conventions and potentially face charges of war crimes.

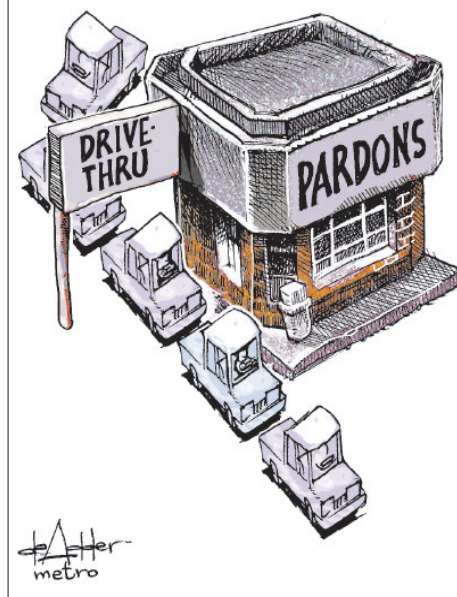
It's a good bet government lawyers are busy looking for loopholes in the system that will allow the government to challenge the Milliken ruling if it goes against them.

Peter Milliken

A related question of legalities is confronting the Harper team. Evidence is accruing to the effect that political operatives may have instructed civil servants to block the release of documents requested under the Access to Information Act. If such were the case, the actions would be a violation of the law. The last thing the government needs now are civil servants blowing the whistle on political manipulation of the access to information process.

These issues make the shenanigans of Helena Guergis and Rahim Jaffer pale by comparison. The explosive story in Ottawa is not that one. It is secrecy and censorship practised by the government and whether developments in the weeks to come will blow the lid off what it has been doing.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Worth mentioning

New stance for former Cold War adversaries

In a symbol of their new partnership, the United States and Russia urged all countries yesterday to follow their recent nuclear arms cuts by taking action

"We are convinced that only through collective efforts we can succeed in achieving effective disarmament and a nuclear-free world," Churkin said.

toward the goal of global disarmament and a nuclear-free world.

Ambassadors from the former Cold War rivals joined forces at a UN General Assembly debate to tout the April 8 signing of a "New START"

treaty that would shrink their arsenals to the lowest point since the frightening arms race of the 1960s.

Russian UN Ambassador Vitaly Churkin called on all nations "without exception, and first and foremost those that have nuclear arsenals, to join efforts with Russia and the United States in this field and to contribute actively to the disarmament process."

Bold opening

The treaty, signed in Prague by U.S. President Barack Obama and Russian President Dmitry Medvedev, signalled a bold opening in previously soured U.S.-Russia relations. If ratified by both nations' legislatures, it will shrink the limit of nuclear warheads to 1,550 each over seven years, down about one-third from the current ceiling of 2,200.

U.S. Ambassador Susan Rice encouraged all countries to build on the recent momentum to make "real progress" on disarmament, non-proliferation and the peaceful uses of nuclear energy at the upcoming

five-year review of the Nuclear Nonproliferation Treaty, which begins May 3.

In an unusual move, Rice and Churkin sent a note to UN member states last Wednesday saying they would address yesterday's opening session of the debate on "Disarmament and World Security" to highlight the "New START" treaty signing.

THE ASSOCIATED PRESS

Views

Tune into work or shopping surroundings

InBusiness

Charles Davies

metronews.ca/inbusiness

For me, a chronic irritant about shopping at my local big box hardware store is the tinny soft rock music that's pumped out of parking lot speakers. It doesn't put me in a mood to buy so much as warn me about the frustration I'm going to face as I stumble around looking vainly for sales help.

But I understand why they do it. I might not like the offering, but thousands of my fellow shoppers will, and that's going to translate into bigger sales of everything from ant traps to zinc-

plated cabinet hardware. Whether it's in retail space or the workplace, music has more than charms to soothe the savage beast.

Pleasurable music encourages the brain to boost production of dopamine, improving a person's mood. Innumerable studies show music helps select customers for a store and encourages them to open their wallets. Alternatively, music can keep unwanted customers away. In the workplace, music can elevate mood, stimulate productivity and induce feelings of job satisfaction. Even the grumpiest of the seven dwarfs felt better if they whistled while they worked. Music, in other words, is good for the economy.

Music has been in public spaces for centuries, but it

wasn't until the early 1930s when a company called Wired Radio Inc. — later known as Muzak — started piping tunes to customers that music started to become pervasive. Today, Muzak claims that more than 100 million workers in more than 12 countries listen to its customized soundtracks daily. And many toil to their own beat. A 2008 Harris Poll found that nearly one-third of all U.S. employees listen to personal music devices at work.

Sometimes, music's effect can be precisely measured. At the University of Leicester in the U.K., for instance, researchers discovered that restaurant patrons would spend 10 per cent more if there was classical music playing in the background. Sports bar owners in the U.S. have fig-

ured out that music with extended drum or electric guitar solos drives customers away. And, apparently, Bob Dylan harmonica solos kill office workers' concentration.

Music isn't always a good thing. In industrial workplaces like factories or mines, it can mask dangers. In highly intense jobs like investment banking, an iPod can send the signal that the wearer isn't committed.

But it really does boost productivity. Take this column. It was written in 14 minutes 12 seconds, exactly the amount of time it took for two run-throughs of Derek and the Dominos' Layla.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

New Zealand reverses stance

New Zealand is reversing its opposition to a UN declaration providing for rights of native peoples worldwide and says it will now sign on. When the UN adopted the Declaration on the Rights of Indigenous Peoples in 2007 four opponents — Canada, the U.S., Australia and New Zealand — argued it was incompatible with their existing laws. **THE ASSOCIATED PRESS**

9

World



Body recovery mission on Everest

A team of 20 Sherpa mountaineers plans to remove bodies of climbers who died in Mount Everest's "death zone," a treacherous stretch that has claimed some 300 lives since 1953, the team leader said yesterday. The team also aims to remove tons of garbage left behind on the slopes under a Nepalese government program to clean up the popular tourist destination. **THE ASSOCIATED PRESS**

News in brief

SPAIN Stranded travellers are piling into buses, trains and high-priced taxis in a frantic scramble to accomplish an increasingly tricky mission: Escape from Europe. Spain was becoming a dream destination not for its beaches and monuments but simply by virtue of the fact it's one of the few European countries unaffected by the ash cloud drifting across the continent. Monstrous lines filled the departure terminals at Madrid's Barajas Airport as people sought a chance to flee.

TENNESSEE A gunman took a taxi to a hospital yesterday and opened fire, killing a woman and injuring two others before committing suicide, police said. All the victims were female and current or former employees of Parkwest Medical Center, Knoxville Police said. It did not appear that any of the victims were related to the suspect or that there was any connection between them.

THE ASSOCIATED PRESS

Flights resume from Europe

Airlines begin departing under tight 'visual' guidelines

After five days in which nature brought the jet age to a halt, European officials agreed yesterday to let air traffic resume on a limited basis, giving hope to millions of travellers around the world stranded by ash from a volcano in Iceland.

Three KLM passenger planes left Schiphol airport in Amsterdam yesterday during daylight under visual flight rules bound for New York, Dubai and Shanghai. European Union transport ministers reached a deal during a crisis videoconference to divide northern European skies into three areas: A "no-fly" zone immediately over the ash cloud; a caution zone "with some con-



The eruption of the Eyjafjallajökull volcano in Iceland has entered a new phase — producing less smoke but bubbling with lava. Low-energy lightning is sometimes active during eruptions, arcing between particles as they exit the volcanic vent.

tamination" where planes can fly subject to engine checks for damage; and an open-skies zone.

Starting today, "we should see progressively more planes start to fly," said EU Transport Commis-

sioner Siim Kallas.

German airline Lufthansa said it would bring 50 plane loads of passengers home and Britain said it would reopen some of its airspace today. British Airways said it hoped to start flying from London at midnight EDT.

Visual flight rules allow a pilot to fly without reference to instruments, if weather conditions are good enough so the pilot can see landmarks and avoid any other aircraft.

Those flights need to be below 18,000 feet, lower than usual altitude for commercial traffic.

THE ASSOCIATED PRESS

Forces kill Iraqi al-Qaida leaders

BAGHDAD U.S. and Iraqi forces killed the two top al-Qaida figures in the country in a nighttime rocket attack near Tikrit, a joint operation the U.S. called a significant blow to the insurgency and a sign Iraqi forces are strengthening. Prime Minister Nouri al-Maliki announced the killings of Abu Omar al-Baghdadi and Abu Ayyub al-Masri in Baghdad and showed reporters photographs of their bloody corpses.

THE ASSOCIATED PRESS



What do rose farmers have to do with an Icelandic volcano?

Scan this code for the story. Learn how to scan on the Local page.

Look inside today's **metro** for the icons below and enter for your chance to WIN.



Gas Stations



Grocery Stores



Drug Stores



Recurring Bill Payments

metronews.ca/momentum

YOU COULD

WIN*

\$10,000 cash

and one of 5 weekly cash prizes of \$2,000.



Courtesy of Scotia Momentum® VISA® Card†

You're richer than you think.™

Scotiabank®

* No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age. Contest closes April 26, 2010 at 12pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca/momentum.

† You will earn 2% cash back on the first \$25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411, 5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% cash back on purchases made after you have reached the 2% \$25,000 annual max., and on all other purchases.

* Visa Int./Lic. user The Bank of Nova Scotia. ® Registered trademarks of The Bank of Nova Scotia.

Four-year-old girl freed from rubble

Relatives kept alive a four-year-old girl and an elderly woman trapped by an earthquake under a collapsed house for almost a week by using bamboo poles to push water and rice through the rubble until rescuers saved them yesterday.

The rare good news came as the death toll in China's remote Tibetan region jumped to nearly 2,000.

Rescuers also freed a third person yesterday from the rubble of a hillside house that toppled when the magnitude-6.9 tremor struck Yushu county of Qinghai

1,944 The death toll from last week's earthquake rose again, according to the Xinhua News Agency. More than 12,100 others have been injured.

province Wednesday morning, state broadcaster China Central Television reported.

The rescue of Wujian Cuomao, 68, and Cairen Baji, 4, from a crumbled home in a village about 20 kilometres from the hardest-hit town of Jiegu was hailed by state media as a miracle and repeatedly

played on television news broadcasts.

Debris had pressed down on the girl's chest, CCTV said, but she suffered no injuries. The report said the woman's life was not in danger.

The woman and child were protected by a wooden bed frame, which they huddled under as the house fell to pieces around them.

Also yesterday, rescuers freed a Tibetan woman named Ritu from her collapsed house on a hillside, CCTV said. Half her body had been trapped by the debris, the report said, but her vital signs were stable.

THE ASSOCIATED PRESS

Bangladesh Handmade relief



Amina Begum carries handmade fans in the capital, Dhaka, yesterday. Bangladeshi people stocked handmade fans made of palm leaves, candles, lanterns and fuel for generators to deal with an acute power failure in the country.

Video shows Taliban fighters at abandoned U.S. base

AFGHANISTAN Taliban fighters swarmed over a mountaintop base abandoned last week by the U.S. military following some of the toughest fighting of the Afghan war, according to footage aired yesterday by

a major satellite television station.

The video by Al-Jazeera television is a morale booster for Taliban fighters, though the U.S. insists the decision to withdraw from the base in the Korengal

Valley was sound and the area has no strategic value.

The footage showed armed men walking through the former U.S. base, and sitting atop sandbagged gun positions overlooking the steep hillsides

and craggy landscape. Fighters said they recovered fuel and ammunition. But a U.S. spokesman said ammunition had been evacuated and the fuel handed over to local residents.

THE ASSOCIATED PRESS

News in brief

BURMA The possibility of armed conflict in Myanmar, also known as Burma, is rising because a series of ceasefire agreements between the military government and more than a dozen armed ethnic groups are dissolving as the

regime seeks to press those groups into becoming a border militia under government control. The government has set a deadline of April 28 for the armed groups to merge or disarm.

THE ASSOCIATED PRESS



THOSE ON 40: BRAVO!

Bravo from all of us here at Metro, to our readers worldwide who wash their clothes at 40°C, instead of 60°C or 90°C. Each of you reduces emissions of CO₂ by 50Kg per year*. If that doesn't deserve a medal and some proper recognition, then what does?! Imagine if all 17 million Metro readers did the same...

Read the green Metro edition on Thursday, April 22, 2010

*Source: Estimate based on www.bbc.co.uk/bloom/actions/lowtempwashing.shtml and www.carbonfootprint.com/energyconsumption.html, assumed 187 washes a year on 40 degrees instead of 60.



metronews.ca

Our Oceans, Our Planet

A FEATURE CELEBRATING THE ENVIRONMENT



ONLY IN METRO THURSDAY, APRIL 22

©2009 - Galatee Films - Pathe Production - Notro Films - France 2 Cinema - France 3 Cinema - IMH/TSR. All Rights Reserved.

Presented by:

Loblaws
COMPANIES LIMITED

TOSHIBA
Leading Innovation >>>

metro

U.S. marks Oklahoma City bombing anniversary

U.S. Homeland Security Secretary Janet Napolitano told survivors and victims' relatives gathered yesterday for a sombre ceremony to mark the 15th anniversary of the Oklahoma City bombing that the city's spirit in the wake of the tragedy served as an example to the nation. **THE ASSOCIATED PRESS**

Liberal Democrats make huge poll jump

An unpredictable British national election has suddenly become more uncertain, with an unexpectedly stellar television debate performance from the leader of the Liberal Democrats sending the perennially third-ranked party to first place in some opinion polls.

Nick Clegg's party has leapfrogged the main opposition Conservatives — who most had expected to oust Prime Minister Gordon Brown's governing Labour after 13 years in office. The Liberal Democrats' success is overturning all previous predictions for Britain's May 6 poll.

Clegg's relaxed style and sharp attacks on Britain's two major parties won him, by virtually every assessment, the country's first ever TV debate last week, and prompted an opinion poll surge that's eclipsed his rivals.



Clegg

The 43-year-old Clegg attacked Brown and Conservative Leader David Cameron as part of an old consensus in British politics that allowed a lawmakers' expense scandal and failed to anticipate the financial meltdown. He al-

so charmed viewers by referring to audience members who asked questions by name, in a style reminiscent of Bill Clinton's.

"The more they attack each other, the more they sound the same," Clegg said as the three leaders debated Thursday, watched by a TV audience

of nine million viewers. An opinion poll by BPIX, published Sunday, put the Liberal Democrats up 12 percentage points to 32 per cent. Cameron's Conservatives fell seven points to 31 per cent and Brown's Labour sat third with 28 per cent.

THE ASSOCIATED PRESS

Book reviewer outed as author's wife

ONLINE A reviewer signed as Historian posted some savage reviews on Amazon's web pages but had a weakness for one writer, celebrated author and Russia expert Orlando Figes.

Historian has now been exposed as Figes' loyal wife, Stephanie Palmer, a senior law lecturer at Girton College at Cambridge University.

The revelation has raised eyebrows in Britain's cosy academic world, where public backbiting is frowned upon.

Figes, a professor of history at Birkbeck College, had denied that he had anything to do with the harsh comments on Amazon about books by Rachel Polonsky, Robert Service and Kate Summerscale.

On Friday, however, Figes' lawyer, David Price, confirmed that the reviews were posted by Palmer.

"My client's wife wrote the reviews," said a statement issued by Price. "My client has only just found out about this, this evening. Both he and his wife are taking steps to make the position clear."

THE ASSOCIATED PRESS

News in brief

INTERNET Facebook is revamping users' profiles to emphasize the pages for bands, books and businesses that millions have become fans of on the world's largest online social network. Currently, users can list their activities, interests, favourite music and TV shows as part of their profile. But links to Facebook pages for products, bands and other interests would appear in a separate section.

COURTS A former Virginia Tech graduate student who admitted to decapitating a fellow Chinese student has been sentenced to life in prison. Haiyang Zhu was sentenced in Montgomery County Circuit Court to life without parole.

THE ASSOCIATED PRESS

new HP PHOTOSMART PREMIUM

TOUCH.

PRINT. GO.

PRINTING'S NEVER FELT SO EASY.

Introducing the new HP Photosmart Premium with TouchSmart and wireless technology. With its intuitive touchscreen, and one button wireless connectivity, experience printing like never before.

©2009 Hewlett-Packard Development Company, L.P.

For more information visit:
hp.ca/touchprintgo

HIT PRINT
BRILLIANTLY

Business

DOLLAR	N.GAS	OIL	TSX
 US 98.54¢ US 0.16¢	 US \$3.935 US 10.4¢	 US \$81.45 US \$1.79	 12,102.97 32.31

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Raising rates questioned

It's a minority view, but some economists are advising the Bank of Canada to hold off on raising rates — for a long time.

The reason, says Carl Weinberg of U.S.-based High Frequency Economics, is the Canadian economy is not nearly as strong as recent data suggests and inflation is at acceptable levels.

He says Canada's central bank could easily keep interest rates at record lows until next year and not

Inflation within target range

Statistics Canada reported last month that core inflation rate, which the Bank of Canada watches closely, was 2.1 per cent in February while overall inflation was 1.6 per cent. Both are within the central bank's target range of one to three per cent.

worry about inflation getting out of hand.

That flies in the face of the prevailing view of economists, who believe Bank of Canada governor Mark Carney will start raising rates in July — or possibly even in June.

Carney is expected to give a strong hint into his thinking this week, starting today with a scheduled interest rate announcement.

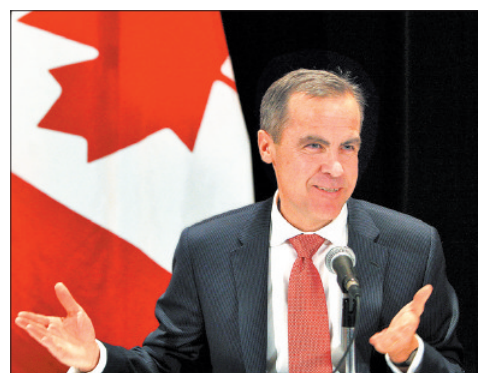
No one thinks Carney will move this week on the policy rate, which is at an emergency level of 0.25

per cent, but the governor is expected to issue a new forecast on both growth and inflation that will tip off when he will act.

Carney made a conditional pledge last spring not to raise rates until the end of the second quarter of 2010 unless inflation becomes a worry.

That's going to be a high hurdle for Carney to jump if he does intend to move early, says Michael Gregory of BMO Capital Markets.

THE CANADIAN PRESS



Bank of Canada governor Mark Carney is expected to show his hand today on whether he believes the economic recovery is rooted enough to withstand an increase in interest rates.

Toyota agrees to pay record \$16.4M fine

RECALL Toyota has agreed to a record \$16.4-million fine for its slow response to sticking gas pedals — the equivalent of a little more than \$2 for every vehicle the company sold around the globe in 2009.

But the fine, the maximum under the law, could be simply a downpayment in the long run: The Japanese auto giant still faces dozens of private lawsuits, which have been combined before a federal judge in Santa Ana, California.

"In the court of public opinion, paying the fine speaks volumes. But at the end of the day, the fines are

8 Toyota has recalled more than eight million vehicles worldwide because of acceleration problems in multiple models and braking issues in the Prius hybrid.

simply background noise in terms of the civil litigation," Richard Arsenault, a plaintiff's attorney in Alexandria, Louisiana, said Monday.

Rushing to address new safety concerns, Toyota said it would recall all 9,400 of the 2010 Lexus GX 460s that went on sale in late December.

THE ASSOCIATED PRESS

2% cash back on recurring bill payments!



Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN **\$10,000** in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think:

Scotiabank

*Registered trademarks of The Bank of Nova Scotia. †For conditions: scotiabank.com/momentum

TD sees little risk in buying Florida banks

BANKING TD Bank is playing it safe by purchasing the risky assets of three insolvent Florida banks under an agreement with regulators that some analysts say carries minimal downside for the Canadian bank, even if all of the loans were to go sour.

"I look at this type of a deal as very low-risk on what could be considered some high-risk type of assets," said Craig Fehr, a financial services analyst with Edward Jones in St. Louis. "I think that's a nice little jump start for TD, to be able to grow that presence along the eastern seaboard over time."

TD Bank announced last Friday it bought the assets and liabilities of Riverside National Bank of Florida, First Federal Bank of North Florida and AmericanFirst Bank from the U.S. Federal Deposit Insurance Corp.

The FDIC has agreed to share 50 per cent of the loan losses up to specific thresholds at each bank. From that point, the FDIC would handle 80 per cent of the loan losses.

Desjardins Securities analyst Michael Goldberg published a note yesterday that was also optimistic about the agreement.

He noted that TD will only be responsible for at most about \$575 million US of loan losses in the unlikely event that all of the three banks' loans went to zero value.

"TD has acquired these banks' \$3.8 billion US as-

sets at par and is not paying a premium for their \$3.1 billion US of deposits," Goldberg wrote.

The bank is getting a major expansion in its U.S. banking operations, adding 69 new retail locations to its roster, bringing the total to 103 in Florida. Between the three banks there are about 900 employees, though TD expects to hire more staff.

TD, which already has a major retail presence in the northeastern United States, says the acquisitions in Florida will help broaden its U.S. presence.

Fred Graziano, head of TD's U.S. retail banking, said the bank is confident that its agreement with the FDIC makes the acquisitions safe bets.

Fehr suggested that other Canadian banks could begin to feel pressure from their investors to follow in TD's footsteps with their own acquisitions south of the border.

"When you see TD make a deal like this, is kind of shifts a little bit of focus over to BMO and RBC," Fehr said. "Investors say 'OK, TD did something like this, why can't you?'"

THE CANADIAN PRESS

Banking On the rebound



Citigroup Inc. has provided more evidence that America's big banks may have turned a corner, reporting a first-quarter profit as trading revenue offset losses from failed loans. Citigroup says it earned US\$4.4 billion after payment of preferred dividends.

Suncor Energy begins operations at Syria facility

GAS Suncor Energy Inc. has kicked off commercial operations at its \$1.2-billion Ebla natural gas development in Syria, one of many international assets it took on through its takeover of Petro-Canada last year.

Canada's largest energy company began selling natural gas into the domestic market yesterday, after successfully commissioning and testing the project's wells, pipelines and other equipment.

"The team has delivered ahead of schedule, within

budget and with a strong safety record," Mark Little, senior vice-president, international and offshore, said in a statement.

Ebla covers more than 1,250 square kilometres in the central part of the North African country, and includes gas producing wells, gas gathering and compression stations, about 80 kilometres of pipeline and a gas treatment plant. It is designed to produce 80 million cubic feet of gas per day.

THE CANADIAN PRESS

Business in brief

LOANS General Motors Co. will fully repay the \$6.7-billion US loan portion of its U.S. government aid earlier than its previously promised payback date of June, a person briefed on

the plans said yesterday. The company has received a total of \$52 billion in U.S. government aid, with the \$6.7 billion considered a loan.

THE ASSOCIATED PRESS



What should you expect when iPhone 4.0 lands in June?

Scan this code for the story. Learn how to scan on the Local page.

BMO 1.00%	CIBC 0.70%	HSBC 0.65%	ING 1.20%	PCF 1.00%
RBC 0.75%	Scotia 1.00%	TD 0.75%	ALLY 2.00%	Interest rates/ Savings accounts

Check bank websites as some rates require minimum account balance

business 13

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Hidden costs in buying a home

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Something about birds chirping and buds bursting sends us out shelter shopping. Whether you are a new homebuyer, a move-up buyer or downsizing, it's important to consider the costs of a house purchase that go beyond the selling price.

Downsizers, surprisingly, often make miscalculations when buying a home because many have been in their abode for a long time and, well, things have changed since you bought back in the 1970s.

Here are some standard costs to consider before you make your first offer.

1 Mortgage payment: Know the range of possibilities for varying

amortizations, payment schedules (monthly, bi-monthly, weekly) and types and terms of mortgages.

2 Mortgage insurance: With less than 20 per cent down payment you may need mortgage insurance. This can add a one-time cost of up to 2.75 per cent of your mortgage, usually added to the principal.

3 Home inspection: A must for re-sale homes. (Average, \$500).

4 Survey (certificate of location): If there isn't an up-to-date one available, plan on spending from \$750 to \$1,500.

5 Legal costs and disbursements: Depending on the province, they range from \$1,500 to \$2,500. Ask your lawyer for a detailed estimate. Optional title insurance, which covers survey issues and undiscovered mortgages relating to previous owners, is becoming increasingly common (\$250).

There may be interest adjustments (\$100 to \$1,000) to cover any gap between closing date and first mortgage payment.

6 Property appraisal: This may be required by your lender. Some lenders include this as part of your banking package. (Otherwise, \$150 to \$200).

7 Vendor reimbursements: If the vendor has paid in advance for things such as taxes and fuel you will have to reimburse the vendor for the period from closing to year end.

8 Land transfer tax: Loathed by homebuyers, this may be levied in your area but there could be reductions for first-time or senior buyers.

ALISON'S MONEY RULE
Spring is home buying fever time. Don't be surprised by hidden costs. Know in advance the extra expenses you might face.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Transferring undeducted RRSPs will have tax consequences

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q This October, my father turns 69 and my mother 65. Is this the last year for his RRSP contribution and can he transfer excess contributions to his TFSA?

— Gianni

A The year your father turns 71 is the final year he can make a Registered Retirement Savings Plan (RRSP) contribution to his own fund. However, he may continue to contribute to a spousal RRSP

with your mom as the annuitant, and claim a deduction until she turns 71.

Undeducted RRSP contributions in excess of the allowable \$2,000 should either be deducted or withdrawn to avoid penalties by Canada Revenue Agency.

Undeducted RRSPs cannot be transferred to a Tax-Free Savings Account without tax consequences. You should consult your financial/tax adviser before any transfers.

Q My partner and I have a small catering business. It is not a corporation. Is the income earned in the partnership for 2009 taxable for that year or can we defer this income?

— Sadi

A Businesses are generally operated as non-incorporated (sole proprietorship, partnership) or incorporated. A corporation is a separate entity from the individual and may have varying year-ends. Individuals do not have to report income from the corporation unless they receive funds from the corporation, such as salary, bonus or dividends. On the other hand, a non-incorporated entity must report its income on a calendar year basis — January to December. Therefore, you and your partner must report for 2009.

Henry Choo Chong, CGA, can be reached at choochonghcgca@yahoo.ca and 416-485-5225.

Guaranteed Lowest Long Distance Rates From Your Home Or Cell!

If you EVER Find a Lower Rate Call Us and we'll Beat it... GUARANTEED!

Make Long Distance and Overseas Calls From Your CELL PHONE!

(at our GUARANTEED LOWEST RATES!)



CUBA 89.9¢/min	INDIA 2.9¢/min	PAKISTAN 5.9¢/min	PHILIPPINES 11.9¢/min
Afghanistan...24.9¢	Jamaica...8.9¢	Oman...14.9¢	Italy...2.9¢
Bangladesh...3.9¢	Jordan...3.9¢	Fiji...24.9¢	Russia...2.9¢
Barbados...9.9¢	Kenya...6.9¢	Ghana...9.9¢	Saudi Arabia...3.9¢
Chile...2.9¢	Kuwait...6.9¢	Greece...2.9¢	South Korea...2.9¢
China...2.9¢	Lebanon...9.9¢	Guatemala...10.9¢	Sri Lanka...11.9¢
Ecuador...12.9¢	Libya...24.9¢	Guyana...27.9¢	Trinidad...4.9¢
El Salvador...9.9¢	Nepal...7.9¢	Honduras...15.9¢	U.A.E...16.9¢
	Israel...2.9¢	Iraq...4.9¢	



UNLIMITED

Calling to

CANADA

(From Your Home or EVEN from your CELL PHONE)

\$5/month

UNLIMITED

Calling to

INDIA

(From Your Home or EVEN from your CELL PHONE)

\$29.95/month

comwave

613-216-6100

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate Guarantee is based on competitor's lowest advertised rate for the service. Comwave will not rate match against charity or Internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Unlimited India \$29.95 per month is based on a 1 year term where early cancellation fees apply. Monthly plan only \$5 more at \$34.95. Unused minutes do not roll over to the next month. Unlimited Canada plan does not include calls to the Yukon, Northwest or N.W.T.

mogo

small loans, short terms, easy to pay back.

borrow up to \$1500 instantly for as long as 30 days

The maximum amount you can borrow is \$1500. Interest rates start at 12.99% per month. Repayment is made in 30 days. Mogo is not a bank. Mogo is a service provided by Mogo Money Inc. Mogo Money Inc. is a registered company in the Province of Ontario. Mogo Money Inc. is not a bank. Mogo Money Inc. is not a bank. Mogo Money Inc. is not a bank.

apply now! at mogomoney.com/metro

money on the go

Unable to catch on with a major league baseball club, Quebec pitcher and former NL Cy Young winner Eric Gagne is calling it a career at age 34. Gagne told Ruefrontenac.com in an interview that he no longer had it in him to fight for a major league job after being cut by the Los Angeles Dodgers during spring training. **THE CANADIAN PRESS**

Sports



Hood no good: MLB

Baseball's fashion police have raided Joe Maddon's hood. The Tampa Bay Rays manager has been told by Major League Baseball that he can no longer wear his favourite hoodie. Maddon, left, likes to put on the pullover during cold days at the ballpark, but MLB said it's not approved for use during games.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Red Wings sticking with rookie netminder Howard

NHL Red Wings goaltender Jimmy Howard is trying to forget how he's played lately.

Good luck, kid.

Howard has given up four goals in two straight games to the Phoenix Coyotes, who are now a win away from putting Detroit on the brink of elimination.

"Being a goalie, you have to have short-term memory," Howard said after yesterday's practice.

The two-time defending Western Conference champions will host Phoenix in Game 4 tonight, trailing 2-1 in the first-round series.

They're counting on their rookie in net to bounce back — instead of putting veteran Chris Osgood in the lineup — and are not worrying about his NHL-worst 3.73 goals-

against average in the playoffs.

"That's not a concern for us at all," Red Wings coach Mike Babcock said.

On the day Detroit's goalie was being scrutinized, Coyotes goalie Ilya Bryzgalov was being hailed. He was announced as a finalist for the Vezina Trophy, an award for the NHL's best goaltender, after helping Phoenix set records for wins and points this season.

"It's a big honour for me and all my teammates," he said.

If Bryzgalov can beat Detroit two more times, he will lift the franchise to the second round of the playoffs for the first time since 1987, when it was still the Winnipeg Jets.

THE ASSOCIATED PRESS

Jimmy Howard



CHARITY COED SOCCER TOURNAMENT



10AM May 16, 2010 at Louis Riel Dome

7 v 7 Coed Soccer: \$125 Minimum Donation per Team
100% of donations go to the Ottawa Regional Cancer Foundation
tournaments.ottawafootysevens.com

Sens looking for balance

Clouston defends Spezza, Alfredsson; wants 'team emphasis'

For an offensive star, Pittsburgh's Sidney Crosby is shining so brightly at the other end of the rink against the Senators that his coach says he could one day add the Selke Trophy as the NHL's top defensive forward to his collection of silverware if he wanted to.

And while Penguins coach Dan Bylsma was singing the praises of his captain yesterday, his Ottawa counterpart, Cory Clouston, was busy talking defence, too.

More specifically, Clouston was sticking up for the Senators' top offensive talents, Jason Spezza and Daniel Alfredsson, who are coming under fire for their lack of production as the Senators trail the best-of-seven Eastern Conference series 2-1 heading into Game 4 tonight (7 p.m., CBC, RDS).

Ottawa's top offensive duo, with each player still looking for his first goal of the series, has so far failed to make the kind of impact Crosby and fellow Penguins sniper Evgeni Malkin have for the Penguins.

"It's not a competition between Spezza and Alfredsson against (Evgeni) Malkin and Crosby. We've got to make it more of a team emphasis for us," Clouston said. "We're not expecting them to match them. This is a team and that's the only way we're going to have success, is to



Pittsburgh's Sidney Crosby, 87, scores between Ottawa's Jason Spezza, 19, and goalie Brian Elliott in the first period of Friday's game in Pittsburgh. Crosby has two goals and five assists this series.

Lineup changes coming?

• Ottawa head coach Cory Clouston said that changes could be made in the Senators lineup to shake things up. Veterans Jonathan Cheechoo and

Shean Donovan both could be inserted tonight. "They both provide something different and we're definitely looking at that," Clouston said.

have more of a balanced attack. We had it in Game 1, we haven't had it since."

It's been Crosby, and to a lesser extent Malkin, that have led the Penguins back from a shaky goaltending display by Marc-Andre Fleury that cost Pittsburgh the opener to regain home-ice advantage courtesy of Sunday's win in Game 3 at

Scotiabank Place.

Many of the 20,119 fans in attendance were as frustrated as the Senators by the end of the game.

Crosby notched the winner Sunday and also helped set up Bill Guerin's insurance with some handy work in his own end, a sight becoming familiar.

He also made a diving

save to divert a net-bound puck in Pittsburgh's win in Game 2.

"Sid is also doing it in the defensive end," Bylsma said. "Winning battles, jumping to loose pucks and getting out of the defensive zone with that ability to play defence."

Spezza, who, along with Alfredsson, does have three assists in the series, met with the media following an optional skate and insists it's not time for the Senators to panic.

"We don't feel we're playing our best hockey, but we certainly haven't been bad," he said.

THE CANADIAN PRESS

www.pipsc.ca

For the Public Good

The Union of Public Service Professionals
Serving Canadians



**PRICED TO
MOVE.**

G3 SE 5-door with PDE and CF5[®]

INCLUDES • 108 HP 1.6L ECOTEC® Engine • 60/40 Split-Folding Rear Seatbacks • Driver and Front-passenger Frontal and Seat-mounted Side-impact Air Bags • Reclining Front Bucket Seats • 14-in. Wheels • Auxiliary Audio Input Jack • CD Player with MP3 Playback • Vehicle Theft-deterrent System • Fog Lights • Rear Window Wiper • And more.



FREIGHT & PDI	\$1,350
FEES	\$44

\$10,999
PURCHASE PRICE

INCLUDES **\$4,000** CASH CREDITS*

\$74[‡] AT 5.79%
BI-WEEKLY/84 MONTHS • \$0 DOWN PAYMENT
TAXES NOT INCLUDED

ADD
AIR CONDITIONING
FOR **\$8⁺** MORE
ONLY **BI-WEEKLY**



Coupe or Sedan

INCLUDES • 155 HP 2.2L ECOTEC® VVT Engine • Automatic Transmission • Air Conditioning • Power Windows, Door Locks and Mirrors • 60/40 Split-Folding Rear Seatbacks • Driver and Front-passenger Frontal Air Bags • Head Curtain Side-impact Air Bags • Auxiliary Audio Input Jack • Remote Keyless Entry System • 16-in. Aluminum Wheels • 4-wheel ABS • And more

	2010 PONTIAC G5 SE AUTO	2010 TOYOTA COROLLA CE SEDAN	2010 HONDA CIVIC EX SEDAN
CASH PURCHASE PRICE	\$15,999	\$16,280***	\$17,385***
AUTOMATIC TRANSMISSION	Standard	Optional	Optional
HEAD CURTAIN SIDE IMPACT AIRBAGS	Standard	Standard	Standard
AIR CONDITIONING	Standard	Optional	Optional
16" ALUMINUM WHEELS	Standard	15" Steel	15" Steel
REMOTE KEYLESS ENTRY	Standard	Optional	Not Available
POWER DOOR LOCKS	Standard	Optional	Not Available
HP / TORQUE	155/150	132/128	140/128
POWERTRAIN WARRANTY	5-year/100,000 km	5-year/100,000 km	5-year/100,000 km

WITH More than \$3,000** in additional features than Toyota or Honda

Value of additional features based on dealer pricing. Vehicle comparison is based on 2010 G5 SE (ZAL69/ZAL37 1SA + MX0), 2010 Civic DX Sedan (FA1E2AEX) and 2010 Corolla CE Sedan (BU4ZEM). *Vehicle specification and purchase price according to the information available on the manufacturer's website at time of printing. Note: Purchase Price based on MSRP less CDA & Customer Bonus (Freight In).

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.
Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$599 for Dealer fees.***

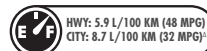
\$14,605

FREIGHT & PDI	\$1,350
FEES	\$44

\$15,999*
PURCHASE PRICE

\$107[‡] AT 5.79%
BI-WEEKLY/84 MONTHS • \$0 DOWN PAYMENT
TAXES NOT INCLUDED

INCLUDES **\$5,000** CASH CREDITS*



THE BEST COVERAGE IN CANADA
5 YEARS • POWERTRAIN COMPONENT LIMITED WARRANTY
160,000 KM* • ROADSIDE ASSISTANCE
 • COURTESY TRANSPORTATION



Redeem your GM card earnings today

BUYPONTIAC.CA

Kenya's Robert Kiprono Cheruiyot won the 114th Boston Marathon yesterday, breaking the course record with a time of two hours five minutes 52 seconds. That was 82 seconds faster than the record set in 2006 by four-time winner Robert Kipkoech Cheruiyot, who's not related. **THE ASSOCIATED PRESS**



Washington Capital Eric Fehr celebrates a goal by teammate Brooks Laich past Montreal Canadiens goaltender Jaroslav Halak last night during Game 3 of their Eastern Conference quarter-final.

Caps explode to take lead

(Washington leads 2-1)

Canadiens 1 Capitals 5



The Washington Capitals chased Jaroslav Halak with a four-goal second period and rocked the Montreal Canadiens with a 5-1 victory last night to take the lead in their NHL Eastern Conference quarter-final.

The Capitals hold a 2-1 edge in the best-of-seven series heading into Game 4 tomorrow night at the Bell Centre.

The first goal was the turning point as Boyd Gordon scored short-handed 1:06 into the second period.

The goal came after Canadiens defenceman Jaroslav Spacek accidentally backed into Halak and knocked him down while trying to stop a two-on-one break.

Brooks Laich and Eric Fehr then scored as the

Caps got three in a six-shot span on Halak, who was pulled in favour of Carey Price at 8:33 of the second. Halak faced only 13 shots. Alex Ovechkin made it 4-0 and Matt Bradley added a late goal against Price, who faced 23 shots.

Tomas Plekanec scored on a power play in the third period for Montreal.

The Canadiens outplayed Washington in the first period and had the sellout crowd of 21,273 singing Ole Ole. But the Capitals showed why they had the NHL's best regular-season record in the second, silencing the Habs with a display of their league-best attack at its deadliest.

The win followed Washington's 6-5 comeback win in overtime in Game 2, after which Ovechkin said Halak appeared to be rattled. While the Slovak goaltender came back with a strong opening period yesterday, he appeared to lose focus after allowing the first goal. **THE CANADIAN PRESS**

Bergeron scores winner for Boston

(Boston leads 2-1)

Bruins 2 Sabres 1



NHL Patrice Bergeron scored the go-ahead goal with just more than six minutes left to give the Boston Bruins a 2-1 win last night and a 2-1 lead

over the Buffalo Sabres in their Eastern Conference playoff series.

Mark Recchi bumped Tim Kennedy off the puck in the right corner behind the Buffalo net and fed it to Bergeron, whose quick shot from the right circle beat Ryan Miller.

The sixth-seeded Bruins are home again for Game 4 tomorrow night. **THE ASSOCIATED PRESS**

Sports in brief

CONDUCT NFL commissioner Roger Goodell says Pittsburgh Steelers quarterback Ben Roethlisberger has violated the league's personal-conduct policy. The NFL is expected to discipline Roethlisberger, although it says there is no timetable for such a decision.

NFL The Philadelphia Eagles have dealt this year's fifth-round pick to Denver, which is sending tight end Tony Schefler to the Detroit Lions, who will trade linebacker Ernie Sims to Philly. The Eagles announced the three-way deal in a statement yesterday, three days before the NFL draft.

ARENA Edmonton Oilers owner Daryl Katz made his bid for a new arena official yesterday with a zoning application for a large swath of land on the edge of downtown. **METRO NEWS SERVICES**

SOCCER Liverpool beat visiting West Ham 3-0 in yesterday's only Premier League match to stay in contention for European qualification. Goals from Yossi Benayoun and David Ngog plus an own-goal from West Ham goalkeeper Robert Green at Anfield lifted Liverpool into sixth place over Aston Villa, which has played one fewer match.

RACING Denny Hamlin went ahead in the closing 12-lap shootout for a victory at Texas Motor Speedway yesterday, holding off Jimmie Johnson at the end to win another rain-delayed race. Hamlin won for the second time in three races, both victories coming in races that were postponed by rain before being run on the first day of the week.

Canada needs to stem flow of soccer talent

It's Called Football

Ben Rycroft

metronews.ca/itscalledfootball

It's been said before, but it bears repeating: Canada needs to do more to ensure other nations aren't scooping up its national team players.

Last Friday, the Canadian Soccer Association held a press conference to outline its plans for the rest of 2010. It announced five more friend-

lies this year, including a couple of high-profile matchups against Argentina and Honduras. Two of the five games will be played on Canadian soil.

The CSA should be commended for its proactive approach in going out and landing these games, but a larger issue still looms.

Last year saw a low point for the Canadian game, as the "goalkeeper of the future," Asmir Begovic, walked away from the nation that raised him to be capped for Bosnia-Herzegovina, the nation that birthed him.

Canada had ample time to cap Begovic during the last World Cup qualifying campaign, but through mismanagement and FIFA rule changes, he was never permanently tied to the Maple Leaf.

Now Canada is faced with a similar situation in Teal Bunbury.

Bunbury, born in Hamilton to an American mother and former Canadian national team legend Alex Bunbury, was drafted fourth overall in the MLS SuperDraft and is widely

regarded as a striker who could play a major part in Canada's national team program for years to come.

But word has it that the U.S. men's national team is suddenly short on depth and looking to shore up its future — that includes taking a hard look at young Bunbury, who scored his first MLS goal last week.

I spoke to Bunbury just hours after the CSA presser. He dismissed any notion U.S. team officials had approached him, but admitted he hadn't ruled out playing for the U.S.

He also said that Canadian national team head coach Stephen Hart

had spoken to him earlier in the year.

"Right now I'm trying to work on my life as a professional in Kansas City and when opportunities arise with the national teams, I'll take care of them," Bunbury said.

Hart is taking the right steps to ensure this young talent doesn't go astray by keeping in contact with him and letting him know where he stands in the Canadian team's plans.

But Hart should take it a step further and eliminate any doubt — invite Bunbury to play in this year's friendlies, and then cap him at next year's CONCACAF Gold Cup.

Hart's predecessor, Dale Mitchell, missed that opportunity with Begovic when he kept him on the bench throughout World Cup qualifying.

Canada can't afford to make the same mistake with Bunbury.

Watch Ben Rycroft on the It's Called Football show every Sunday at metronews.ca; ben.rycroft@metronews.ca.

2% cash back at eligible gas stations.



Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN \$10,000 in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think.

Scotiabank

*Registered trademarks of The Bank of Nova Scotia. *For conditions: scotiabank.com/momentum

Ex-boxing champ Valero kills himself in jail: Police

VENEZUELA Former boxing champion Edwin Valero, who had a spectacular career with 27 straight knockouts and flaunted a tattoo of President Hugo Chavez on his chest, hanged himself in his jail cell yesterday after being arrested for stabbing his wife to death, police said.

The former lightweight champion used the sweat pants he was wearing to hang himself from a bar in the cell, said his lawyer, Milda Mora.

Valero, 28, had problems with alcohol and cocaine addiction and struggled with depression. He had previously been suspected of assaulting his wife and was charged last month with harassing her and threatening personnel at a hospital where she was treated for injuries.

Valero's 24-year-old wife, Jennifer Carolina Viera, was found dead in a hotel room



Edwin Valero is seen during a WBC lightweight title fight in Monterrey, Mexico.

on Sunday, and police said the fighter emerged telling hotel security he had killed her.

Valero was found hanging in his cell early yesterday by another inmate, who alerted authorities in the police lockup in Carabobo state, Federal Police Chief Wilmer Flores told reporters. **THE ASSOCIATED PRESS**

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Washington 5 Montreal 1

Boston 2 Buffalo 1

Vancouver at Los Angeles

TODAY'S GAMES

Phoenix at Detroit, 6:30 p.m.

Pittsburgh at OTTAWA, 7 p.m.

New Jersey at Philadelphia, 7:30 p.m.

Chicago at Nashville, 9 p.m.

San Jose at Colorado, 10 p.m.

WEDNESDAY'S GAMES

Washington at Montreal, 7 p.m.

Buffalo at Boston, 7 p.m.

Vancouver at Los Angeles, 10 p.m.

NBA

YESTERDAY'S RESULTS

Cleveland 112 Chicago 102

Utah at Denver

TODAY'S GAMES

Milwaukee at Atlanta, 7 p.m.

Miami at Boston, 8 p.m.

Oklahoma City at L.A. Lakers, 8:10 p.m.

Portland at Phoenix, 10:30 p.m.

BASEBALL

YESTERDAY'S AL RESULTS

Toronto 8 Kansas City 1

Tampa Bay 8 Boston 2

Detroit at L.A. Angels

Baltimore at Seattle

YESTERDAY'S NL RESULTS

Washington 5 Colorado 2

N.Y. Mets 6 Chicago Cubs 1

St. Louis at Arizona

San Francisco at San Diego

TODAY'S AL GAMES

Kansas City at Toronto, 7:07 p.m.

Texas at Boston, 7:30 p.m.

Cleveland at Minnesota, 8:10 p.m.

Tampa Bay at Chicago White Sox, 8:10 p.m.

Detroit at L.A. Angels, 10:05 p.m.

N.Y. Yankees at Oakland, 10:05 p.m.

Baltimore at Seattle, 10:10 p.m.

Los Angeles at Los Angeles, 10:10 p.m.

Los Angeles at Los Angeles, 10:10 p.m.

Los Angeles at Los Angeles, 10:10 p.m.

Los Angeles at Los Angeles, 10:10 p.m.

Los Angeles at Los Angeles, 10:10 p.m.

Los Angeles at Los Angeles, 10:10 p.m.

Los Angeles at Los Angeles, 10:10 p.m.

Los Angeles at Los Angeles, 10:10 p.m.

Los Angeles at Los Angeles, 10:10 p.m.

Los Angeles at Los Angeles, 10:10 p.m.

Los Angeles at Los Angeles, 10:10 p.m.

Los Angeles at Los Angeles, 10:10 p.m.

Los Angeles at Los Angeles, 10:10 p.m.

Los Angeles at Los Angeles, 10:10 p.m.

Passing the generosity torch

"Over 5 million out of 13 million Ontarians volunteer each year. There's a tremendous sense of civic generosity out there, and our goal is to instill the same sense in our young Ontarians. And hopefully it not only has a huge impact in the short term, but gives them a sense of giving back that can last their whole lives." **DR. ERIC HOSKINS, MINISTRY OF CITIZENSHIP & IMMIGRATION**

17

NATIONAL

Volunteer Week

EDITOR: SARAH.CAIRNS@METRONEWS.CA

Take a dip

RICK MCGINNIS
for Metro Canada

With home stretch in sight for the academic year, a provincial program is hoping to tap into a last burst of youthful energy and encourage young people to put in time as volunteers. The provincial Ministry of Citizenship & Immigration is sponsoring a program ambitiously named Change The World, as part of its own Ontario Youth Volunteer Challenge.

Dr. Eric Hoskins is head of the ministry, and describes the program as "almost an experiment" that began three years ago and attracted less than a thousand students. The target this year is 10,000, which isn't entirely improbable as high school students in the province are

obliged to complete 40 hours of volunteer work to get their diploma.

"The idea behind that was to help students develop an awareness and a better understanding of their civic responsibility," Hoskins said. "It was not to add another layer of responsibility to students busy schedules."

To make it easier for students to find organizations in need of their time and talents, the province has relied on their Volunteer Ontario centres — a network of 25 facilities around the province that is acting as a middleman, reaching out to clients in need of warm bodies and busy hands, and matching them up with students with time to give.

Deborah Gardner is the executive director of Volunteer Toronto and she says



Tre Anthony from CTV's So You Think You Can Dance, Josh Matlow Toronto trustee, Paula Brancati from DeGrassi: The Next Generation, Minister of Citizenship and Immigration, Dr. Eric Hoskins and Raymond Ablack from DeGrassi: The Next Generation at the launch of ChangeTheWorld - Ontario Youth Volunteer Challenge.

the biggest challenge is overcoming the lack of experience, both first- and second-hand, that young people might have had with giving their time. "For young people the barrier is that if their parents haven't volunteered, or if it isn't

part of their family culture, where do they start? It seems like a huge task, but if you break it down and start with the Youth Challenge, just dipping your toe in the water, it's a way of helping young people see that they can do it."

Youth are 'just as capable'

• Lynn Lessard is University of Ottawa student from Timmins, Ont., who began volunteering years ago, and now serves on the Youth Advisory Committee for the Ministry in addition to working for an MP.

Q How do you get younger people enthusiastic about volunteering?

A "Just having them volunteer with their friends. It's really intimidating to volunteer somewhere and be the only young person there. If you're there with people your age you get to meet new people and it makes it much more fun and rewarding."

Q What makes a good youth volunteer program?

A "I think it's about having a coordinator from an organization who's willing to take on youth volunteers and make it a good experience

for them, because you do want to address them in a specific way, to encourage them to have fun. Honestly I don't think it's about changing the activities too much because we do underestimate youth sometimes and I think they're just as capable of handling the same types of volunteer activities that adults do."

Q When did you realize this was something you liked?

A "I was volunteering at a soup kitchen. I'm from Timmins, Ont., and I never expected to see the number of people in need of a hot meal, and seeing the tables that were set for kids who were there by themselves. That was just really incredible to see something like, and I never expected volunteering at a soup kitchen to be the fun experience that it really was."

THERE IS A REASON WE CALL IT COMMUNITY TV (ACTUALLY, MANY REASONS)

Rogers TV salutes our team of dedicated volunteers during National Volunteer Week. Their efforts help us present programming made by and for our community.

ROGERS TV

YOUR COMMUNITY ON CABLE 22



NATIONAL VOLUNTEER WEEK

ROGERS

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Nail news for a new season

JANINE FALCON
for Metro Canada

From trendy shades to no-soak manis to long-lasting pro finishes that require little or no drying time, nail adornment has become the new lipstick.

HUE, ONLY BETTER

When nail colour went to the dark side after forever of no-notice neutrals, nails gained new beauty footing and is showing no sign of backing down.

"Polish is that affordable luxury moms can pick up for a few bucks when they're shopping for their kids," says Ann Tall, vice-president of retail sales for drugstore brand Nicole by OPI.

"And a great colour gets compliments!"

A Spring hit is Make Mine Mint (\$10.49), an unabashed bright green shimmer. Also expected to shine is the limited-edition Gossip Girl collection, due in August, which includes a shimmery green-tinged navy called Too Rich For You.

Nicole by OPI in Make Mine Lime, \$10.49 at drugstores and Walmart



At the salon, taupey-grey is still strong with OPI's You Don't Know Jacques (\$10.95) in the lead, says Leeanne Colley, owner of Tips Nail Bar & Spa in Toronto.

Also hot: Bright coral, such as China Glaze's Sneaker Head (\$6.60), clear exuberant red, like OPI Red My Fortune Cookie,

and orange à la Prada's Spring runway lip.

DRY RUN

A "dry" manicure isn't new — Colley's been doing them for about 15 years — but it's relatively uncommon. The concept is simple: a regular mani, but no finger soaking before polish.

"Soaking makes the nails expand," explains Colley.

China Glaze Nail Lacquer in Sneaker Head, \$6.60 at select salons



By the time they revert to pre-waterlogged form, the polish is already on, dry, and, undermined by nail shrinkage, chip prone.

"A dry manicure, depending on the client, should give at least an additional two or three days."

Minx is a different kind of dry. Adhesive film rather than polish, Minx requires a pro for precise application and a heat lamp to seal it to the nail in a zero drying-time finish.

"I have clients who got two weeks' wear," raves celeb makeup

artist Andrea Claire (andreaclaire.onsugar.com), who recently Minxed up Hillary Scott of Lady Antebellum. Available in an array of nail looks from standard to outrageous — think multi-colour, animal prints, lace and plaid — Minx is hot with celebs such as Katy Perry, Beyoncé, Lady Gaga and Rhian-

PHOTO CREDIT: KIMMIE KYEES



Trendsetter Rihanna in Pink with Golden Moons Minx, by celeb manicurist Kimmie Kyees for the Rude Boy Video.

na. From \$55; minx-nails.com for salons.

YOU GELLIN'?

About a year ago gel nails got an update with OPI Axxium Soak-Off Gel Lacquer, a thinner, flexible alternative to standard gel and acrylic. Designed for natural nails, it's available clear and in an edited range of OPI shades.

Pre-gel nails need a bit of a rough surface-buff to im-

prove adhesion, but the key, says skilled esthetician Rita Remark, is a light touch. Each coat — base, two of colour and one top — requires a few minutes under a UV lamp to cure the gel.

After the last step, nails are completely dry with a no-chip durable finish that lasts "as long as three manicures," says Remark, also of Tips, where the service starts at \$50. Removal re-

quires a 30-minute soak-off salon visit.

New in salons this May from Creative Nail Design is a polish/gel hybrid called Shellac, which promises to last two weeks.

Like Axxium, it requires UV light to cure the polish and dries in minutes. Removal is down to about 10 minutes, with acetone. Expect cost to be comparable to Minx and Axxium.

Hot little pinkies

OPI Nail Lacquer in A Good Man-darin is Hard to Find, \$10.49 at salons

Essie nail polish in Chin-chilly, \$10.50 at salons



Clarins Glossy Nail Colour in Red, \$19 at department stores



L'Oréal Paris Pro Manicure in Mango, \$5.95 at drugstores



Sally Hansen Complete Salon Manicure in Commander in Chic, \$7.95 at drugstores



Laser Esthétique
Renew • Rejuvenate • Reveal your beauty

Dr. Neda Amani Golshani, M.D.
Cosmetic and Preventive Medicine
Certified Laser Technicians

3161 Strandherd Drive at Woodroffe

613.825.7701



Spring Awakenings Sale
Presentation by Dr. Neda Amani Golshani, M.D.
Healthy Aging with Attitude

Tuesday, April 27th 6-8pm

RSVP by April 23rd

BOTOX \$9/unit
SOFT LIFT Save \$1000
20% off ALL our Laser Services and
Medical Skin Care Line

Gift Bags
Refreshments

Other Presentations
The role of non-surgical cosmetic procedures
The new SOFT LIFT

Oil aboard, everyone

The lowdown on botanical and essential oils

JANINE FALCON
for Metro Canada



Part of our growing determination to take a more natural approach to beauty is a renewed interest in botanical (plant-based) oils.

"They're excellent moisturizers, nourishing for skin and hair," says Alana Decourt, aesthetician at Haven Spa in Sidney, B.C. "Oils are the main ingredients in many leading skincare products, and have been used in body care for centuries."

Oils such as argan, olive, coconut, rosehip and sea buckthorn are rich in fatty acids (lipids) as well as other vitamins, proteins and minerals, which the skin needs to stay supple and healthy.

Essential oils, so named because they're considered the "essence" of the fragrant plant from which they're distilled, can also contribute to well-being via their aromatic properties. Lavender and peppermint are examples.

Decourt, whose intuitive touch has blossomed the likes of Halle Berry and Jessica Biel, recommends using moisturizing oils after a bath and exfoliation.

Essential oils are ideal for diffusers, and can also be added to the bath. But before embarking on an intensive oil-up regimen,



Not all oils are created equally. Educate yourself on what's good for what before using them.

consult a trained aromatherapist, she cautions. Some oils are more potent than you might think.

"Risks can be as minor as triggering a breakout, or as serious as aggravating existing health conditions," explains Rose Husen, a registered massage therapist at Concepts Salon & Spa in Toronto.

In addition to researching how certain oils can affect certain conditions, such as hypoglycemia, high blood pressure or pregnancy, be aware that most oils should not be used undiluted.

"Direct contact with the skin can cause irritation and burn," she says.

"You need a carrier."

Unless you're sourcing oils from specialty stores, you'll find most oil-based beauty products are blended with skin-friendly carrier oils, such as sweet almond, grapeseed, avocado, olive, sesame, sunflower and jojoba. Cocoa butter and shea butter also serve as excellent carrier agents.

2% cash back at eligible drug stores.



Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN \$10,000 in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think.

Scotiabank

*Registered trademarks of The Bank of Nova Scotia. *For conditions: scotiabank.com/momentum

An argan aside

Detangling the facts on one of the most popular oils around



- One of the hottest oils right now is argan. High in Vitamin E and moisturizing lipids, it can be used in its pure form on skin and hair.

- Moroccan oil, however, a popular hair treatment, is sometimes confused with argan oil. Although it contains some argan, which does come from Morocco, the bulk of the serum's formula is actually silicone, which is key to

detangling and glossing dry, unruly and brittle hair. Live Clean Exotic Nectar Argan Oil hair treatment is a silicone-free blend of botanical ingredients that includes argan, grape seed and olive oils.

- Like Moroccan oil, despite its texture, it's a serum, not an oil. Unlike silicone products, which deliver immediate payoff, this one needs time to impart its benefits.

JANINE FALCON/FOR METRO CANADA



Moroccan Oil Treatment (right) \$39, both at drugstores

Live Clean Exotic Nectar Argan Oil Treatment (left) \$11.99.



Burt's Bees Vitamin E Body & Bath Oil, \$9.99 at drugstores



Josie Maran Argan Oil, \$58 at Sephora



J.R. Watkins Mango Body Oil, \$7.99 at drugstores, jrwatkins.com



Dr. Hauschka Birch Arnica Body Oil for sore muscles, \$22.95 at Sephora



Lancôme Nutrix Royal Body Dry Body Oil, \$55 at department stores



Palmer's Cocoa Butter Formula Moisturizing Body Oil, \$7.99 at drugstores



Weleda Sea Buckthorn Oil, \$22.99 at well.ca



Yves Rocher Night Time Body Oil, \$22, yves-rocher.ca

Treating cancer holistically

CELIA MILNE
for Metro Canada



Have you ever received a prescription for meditation? That's right: Meditation, not medication.

A health centre in Van-

couver especially for cancer patients promotes the idea of getting well by pursuing meditation, mindfulness, relaxation, eating well, fitness and even laughter in addition to regular cancer treatments. And studies show this program really works.

"Engaging in healthy living is treatment," says Dr. Teresa Clarke, one of four medical doctors at InspireHealth.

"Our 'prescription' could take a page and a half," she says.

InspireHealth integrates the concepts of health and

healing into cancer treatment and recovery.

The idea is to empower patients to play an active role in their health.

"People who do follow an integrated approach in addition to surgery, chemotherapy and radiation, have a better quality of life and health outcomes," says Clarke, who is director of outreach services at the centre.

"It's important to look after the rest of the person."

Studies show an integrated approach can reduce risk of recurrence, improve survival and increase quality of life.

Founded in 1997 by two medical doctors, InspireHealth has now served more than 5,000 cancer patients.

The first appointment with a doctor is 90 minutes, and patients discuss all aspects of their lives — how they are doing in terms of nutrition, exercise, mind-body practice, relationships, laughter, joy, spirit and passion.

Patients then enrol in a \$440, two-day LIFE program to learn how to integrate many of these healing practices into their life.

Vitamin supplementation is an important part of InspireHealth's treatment programs.

For instance, there is solid evidence that getting sufficient amounts of vitamin D can decrease risk of certain diseases such as multiple sclerosis, cancer and cardiovascular disease, says Clarke. InspireHealth recommends cancer patients take 2,000 I.U. per day of vitamin D.

The services of the four doctors who work at InspireHealth are covered by



STOCK PHOTO

Nurturing the body, mind and spirit as a whole can help diminish the risk of recurrence of cancer in patients.

"People who do follow an integrated approach in addition to surgery, chemotherapy and radiation, have a better quality of life and health outcomes. It's important to look after the rest of the person."

Dr. Teresa Clarke
Medical doctor,
InspireHealth

Patients come from as far away as Newfoundland and P.E.I.

"Interest is taking off across the country," says Clarke.

Other aspects of patients' health often get better when they engage in the integrated program, including rheumatoid arthritis, depression, asthma, cardiovascular disease, high blood pressure, diabetes and high cholesterol, says Clarke.

"You don't have to wait until you have the shock of a diagnosis of cancer. We all need to look at our lives and see where we can nurture our body, mind and spirit."

"Get at the underlying cause of disease. It applies to everybody in the population."

the B.C. Ministry of Health, so the program is quite unique in Canada.

ADVERTISING FEATURE

YOUR DENTAL HEALTH

OPEN
EVENINGS &
SATURDAYS



NEW
PATIENTS
WELCOME

Located in the Rideau Shopping Centre • 613-230-7475
SMILE RIDEAU STYLE

MENOPAUSE AND ORAL HEALTH

When you are healthy, the golden years of life can be so rewarding. Children that have grown into young adults are now striving to make their own marks in the world. With a well-developed financial plan, you may be at that stage in life where you have the financial freedom AND the time to really enjoy life.

But you do need to be healthy for that. And aging can have an impact on our health. Furthermore, it can affect men and women in such different ways.

Most women are familiar with so many of the health implications associated with menopause. Likely, the last thing you need is to have a male dentist remind you of the joys of hot flashes! However, menopause also has a profound impact on your oral health.

The truth is that women experiencing menopause or who are post-menopausal are more likely to have periodontal problems. And the reason for this is pretty apparent when you stop to consider the overall impact of menopause on the body.

It is well known that, when menopause starts, the body's ability to produce estrogen is significantly reduced. With the loss of estrogen production comes the loss of bone density.

The most commonly discussed implications of the reduction in bone density tends to be osteoporosis, or hip and limb problems brought about by the



Dr. Wayne Perron
Dental Surgeon

weaker bones of the legs or arms.

The truth is, if it weakens the spine and other limbs, it is also weakening the jaw bone. In fact, the bone density in the jaws of post-menopausal women is significantly reduced. And when that bone density is compromised, the risk of periodontal health issues is increased.

Unfortunately, bad health can always find a way to compound itself. Thus, those with severe periodontal-health issues will tend to experience greater pain biting and chewing healthier, whole foods. They may opt for easier to chew, processed alternatives that may fill a hunger void, but do little to actually provide the nutrition a body needs to maintain its health.

In other words, protecting the oral health during the post-menopausal period is

a vital concern. Your dentist may join your other health-care practitioners in prescribing calcium supplements as a way to help protect your bone density.

Of course, hormone replacement therapy can help protect the bones as well. However, it also poses a number of other health risks and you should consult your physician before considering that alternative.

Your best defense may simply be greater diligence in brushing and flossing, and making sure you visit your dentist regularly. Your dentist can take the necessary x-rays to determine if the density of your jaw bone is being compromised by menopause.

Just remember...50 is the new 40. You may be experiencing menopause, but you have a lot of great years ahead of you still! Years that will be made greater by your ability to flash a healthy, beautiful smile full of natural teeth. Do not assume there is nothing you can do to protect those teeth as menopause brings with it another sign of advancing years. Talk to your dentist about how you can take care of your teeth during and after menopause. Because flashing a beautiful smile in your golden years is a healthy habit...and healthy habits lead to healthy lives.

Dr. Wayne Perron
- Dental Surgeon



YOUR VISION IS OUR NO.1 PRIORITY!



COMPREHENSIVE
EYE EXAMINATIONS

EVENING AND WALK-IN
APPOINTMENTS AVAILABLE

680 Montreal Rd. • 613.745.7844

FREE PARKING

www.ottawaeyeclinic.ca



Dr. Dominique Vienneau, Dr. Joseph Mittelman, Dr. Maimouna Koala
Optometrists

Guys get groomed

The J Spot

Josey Vogels

metronews.ca/thejspot

My guy's not really the spa type. I just can't see him getting excited about a "Pumpkin Peel" but treatments available specifically for men, like this one at Vancouver's Absolute Spas are becoming more and more popular.

The sexy Burt Reynolds chest rug of the '70s is long gone. With the rise of the Metrosexual in the '90s and the more recent trend of "manscaping," seems men are getting mas-

saged, waxed, polished and, well quite frankly, acting like a bunch of girls.

Men now make up nearly a third of all spa-goers, according to the International Spa Association, which oddly seems to only carry stats on U.S. spas. The Canadian Spa Association didn't have stats but one can assume more and more Canadian guys are going too.

Personally, I'm quietly impressed by a guy who's confident enough in his masculinity to have his dry skin buffed by microbeads of volcanic pumice as they do in the Defense Zone Facial for Men at The Camelback Inn in Arizona. And frankly, women have long known that you have to be tough as well-manicured nails to endure a genital waxing.

While there seems to be some concern that all this primping and pampering is threatening more traditional notions of masculinity — real men are hairy, smell like horses, and don't fuss over their looks — I think it's about time. Given the work women have been putting into their appearances for ages, it only seems fair that guys at least worry a little bit about, oh, I don't know, their back hair.

Most spas are clearly trying to make the experience as "ungirly" as possible. The Men's Zone Spa at Caesar's Palace in Las Vegas features a big screen TV so guys can get pampered while watching the game.

The popularity of the Old Spice campaign launched recently is the perfect example of this new masculinity. Today's man is manly enough to sail a yacht but sensitive enough to buy us diamonds and offer us two tickets to that thing you love.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



Beautiful Legs Begin Here!

Varicose Veins
Bulging veins on your legs? Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.

Spider Veins
Spider veins on your legs or face? Get rid of them with simple injections.

Dr. Lucie Beaupré

OTAWA
1335 Carling Ave.
Suite 600
(613) 722-0101

GATINEAU
500 Boulevard de L'Hôpital
Suite 102
(819) 561-0561

DR. BEAUPRÉ VEIN/VARICES CLINIQUE

www.drbeaupreveinclinic.com

Running out of steam?

You might be iron-deficient!

Low Iron

Did you know that one woman in four is iron-deficient? Iron deficiency can make you feel faint, tired and irritable, and make it difficult to concentrate.

Lack of iron is the most common nutritional deficiency in the world. There are varying degrees of iron deficiency — and you may not even be aware that your iron is low. **Elderly people, athletes, pregnant and nursing women, and vegetarians** may have an increased need for iron supplementation.

Iron is essential

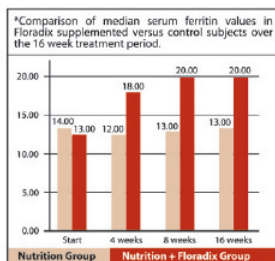
Since your body cannot produce iron by itself, you have to get it from your daily diet. Iron is essential for the transportation

of oxygen in the body. It's almost impossible to get enough iron from your daily diet to ensure the proper functioning of your body... Do you eat 15 cups of broccoli, 18 eggs or generous portions of liver and kidneys each week in order to get all the iron your body needs? Probably not!



The natural solution!

Floradix®, a plant-based liquid iron supplement, may help to improve your iron levels. Floradix® is easily absorbed by the body, has no harmful effects on the digestive tract and offers positive results. Made from highly soluble iron gluconate, as well as whole foods and co-factor vitamins, Floradix® is highly absorbable and quickly



*Adzansen KH, Loefer-Mesich A, Freilvogel K, Gerhard I. Examination of the effectiveness of Floradix (liquid) in women with low ferritin levels. Department of Gynecology, Endocrinology and Fertility disorders, Heidelberg Women's University Clinic, 2002.

replenishes iron levels, which helps to restore energy! Floradix® is highly recommended by health care professionals because it is clinically proven to normalize low iron levels and is non-constipating as well.

Trust Floradix®, North America's most recommended iron supplement!



Are you iron-deficient?

- ☐ Do you often feel listless, weak or irritable?
- ☐ Do you look pale, lack appetite or feel tired?
- ☐ Do you have brittle hair and nails?
- ☐ Are you pregnant or nursing or planning to become pregnant?

Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.

www.requiredforlife.com 1.888.436.6697



Available at
Health Food
stores

Market Organics
375 Bank St.
613.232.4087

Natural Food Pantry
Westgate Plaza — 613.728.1255
Billings Bridge — 613.737.9330
442 Hazeldean Rd. Kanata
613.836.3669

Natures Care
202 Bank St.
613.234.4595

Pantry Plus
2433 Boulevard St-Joseph
613.830.5790

Pura Vida Nutrition Store
267 Stewart St. Renfrew
613.433.9437

Jack Daniel's introduces new ready-to-drink cocktails this month. They will be available in four-packs of 355ml cans (\$10.95 each) and will be offered in three varieties: Jack & Cola, Jack & Lemonade and Jack & Iced Tea. **METRO NEWS SERVICES**

Food



Add fruit to your dinner plate

If you found it hard to get the five daily servings of produce you've been told for years you need, you'll probably find it even harder to get the seven to 10 servings recommended by Canada's Food Guide. But adding a fruit chutney or compote to your dinner plate — rather than just over a dessert — can help nudge you along. Chutneys and compotes are both good choices, especially between seasons when fruits aren't necessarily at their best.

THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A fresh blend of seafood

Mediterranean Seafood Stew

SERVES 6

INGREDIENTS:

- 1 medium onion, finely chopped
- 1 1/2 tsp minced garlic, divided
- 1 Tbsp olive oil
- 250 g plum tomatoes, seeded and diced
- 1 tsp grated lemon peel
- 1/4 tsp crushed red pepper flakes
- 1 cup clam juice
- 1/3 cup white wine
- 1 Tbsp tomato paste
- 1/2 tsp salt
- 500 g red snapper fillets, cubed
- 500 g uncooked large shrimp, peeled and deveined
- 250 g sea scallops
- 1/3 cup minced fresh parsley
- 1/3 cup light mayonnaise

METHOD:

1. In Dutch oven, sauté onion and 1/2 tsp garlic in oil until tender. Add tomatoes, lemon peel and pep-



Corn Salsa Tostadas.

per flakes; cook and stir 2 minutes.

2. Add clam juice and wine, tomato paste and salt. Bring to boil. Reduce heat; cover and simmer 10 minutes or until heated through.

2% cash back at eligible grocery stores.*



Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN \$10,000 in cash and one of 5 weekly cash prizes of \$2,000.

You're richer than you think.*



*Registered trademarks of The Bank of Nova Scotia. †For conditions: scotiabank.com/momentum

3. Add fish, shrimp, scallops and parsley. Cover and cook 8-10 minutes or until fish flakes easily with fork, shrimp turn pink and scallops are opaque. Combine mayonnaise and remaining garlic; dollop on to each serving.

Corn Salsa Tostadas

YIELDS THREE DOZEN

INGREDIENTS:

- 3 flour tortillas
- 3/4 cup light sour cream
- 3 tsp minced cilantro, divided
- 2 scallions, finely chopped
- 1/4 tsp garlic powder
- 3/4 cup fresh or frozen



Pineapple Buttermilk Sorbet.

combine corn, tomato, jalapeno, orange juice, oil, salt and remaining cilantro; cover and refrigerate.

3. Just before serving, spread 1 tsp sour cream mixture over each tostada. Using slotted spoon, top each with teaspoonful of corn salsa.

Pineapple Buttermilk Sorbet

SERVES 10

INGREDIENTS:

- 2 cups 1% buttermilk
- 540-ml can unsweetened crushed pineapple, undrained
- 3/4 cup sugar

METHOD

1. In bowl, combine all ingredients; stir until sugar is dissolved. Pour into 9-in. square dish. Cover and freeze 1 to 1 1/2 hours or until mixture begins to harden.

2. Stir; freeze 3-4 hours longer or until firm, stirring occasionally. Remove from freezer 20-25 minutes before serving.



Mediterranean Seafood Stew.

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Grill-friendly

Though my barbecue sits out on my back deck all year long it really only sees action in the spring and summer. Not so on my neighbour's porch. The blizzard of the century could be hitting town and he'd still be out there grilling breakfast, lunch and dinner. I take my barbecuing cue (pun intended) from the yearly time changes. But even though she's been on active duty for a few weeks, I still haven't done much more than flip a few burgers.

Wine wise there's nothing wrong with that. Simple grilled meats work well with any number of liquid partners and hamburgers (even loaded with eclectically flavoured condiments) call for easy-to-drink, straightforward wines with a slant towards the red side.

In the decade of the 00s the go-to burger wine was the Yellow Tail Shiraz (\$11.95 - \$12.99) from Australia's Casella Wines. The current 2008 is in line with previous vintages; offering bright, jammy berry fruit flavours and a subtle smokiness.

This decade Argentina's Zuccardi Fuzion Shiraz Malbec (\$7.45 - \$9.99) is hot on [yellow tail's] tail with its bargain basement price and dark and spicy profile. The just released 2009 vintage is as laid-back and grill-friendly as the 2008.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



Skarsgaard restrained by police, report says

True Blood star Alexander Skarsgaard was allegedly restrained by police Saturday at the Coachella Music Festival. Pacific Coast News reports the actor was photographed being held back by a police officer, fists clenched, after he became angered by a paparazzo. USMAGAZINE.COM

Entertainment



Family ties

Gwyneth Paltrow will no longer be playing Nicole Kidman's wife in *The Danish Girl* after deciding she would rather spend more time with her family, the actress tells *Harper's Bazaar*. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Plants and Animals amp it up

Montreal act shakes jam label on new disc

TheAudioFiles

Bryan Borzykowski

metronews.ca/music



Attention Plants and Animals fans: The band would like to declare that the genre they now fit into is BBQ rock.

It's anyone's guess what that is, but one thing's for sure, it's as meaningless as that other tag they've lived with over the last couple of years — jam band.

I've never quite been able

to figure out why they were slapped with the jam rock title, and neither have they. "We didn't understand how that happened," says guitarist and vocalist Warren Spicer. "We don't really jam out that much."

It probably started after someone saw the Montreal-based band's live show, where they often jam out on Guru, a nearly seven minute track off the group's Polaris-nominated debut *Parc Avenue*. The title hasn't hurt the group, says Spicer, if anything it introduced them to an audience they otherwise wouldn't have reached. Those fans may be bit disappointed then to find the new record, *La La Land*, is a heavier af-

fair. They employ plenty of electric guitar and move from alt-rock on American Idol (which includes a hilarious sax solo) to light soulful sounds on Kon Tiki.

Besides more distortion, the new record doesn't shift styles in a major way, though Spicer does admit spending two years on the road with his bandmates — drummer Matthew Woodley and bassist/keyboardist Nicolas Basque — did have an affect on their sound.

"When we did the first record we were all working day jobs and trying to figure out how to record," he says.

"When we toured we played the songs a lot more electric," Spicer says. "I got geeked out and started get-



Plants and Animals' *La La Land* is out today.

ting into pedal."

There's no doubt that this album is better. They've ditched their Radiohead-like atmospherics,

African drums and most of the airy sounds, but kept the lush harmonies and upbeat rock that is best illustrated on *Parc Avenue's* *Bye Bye Bye*.

It's not all great, howev-

er. Opener *Tom Cruz* is a sluggish and weighed down in a dense layer of guitars, keys and brooding vocals. But the single *The Mama Papa* is an excellent and uplifting radio-friendly rock track that may very well push these guys into the mainstream.

In any case, Plants and

In Concert

- Plants and Animals play *Babylon* on Friday night.

Animals are moving in the right direction. If they need to do anything, it's learn how to answer questions about weird titles. But this time it's not a genre, but the song *Tom Cruz*.

"We could have changed it to avoid being asked that," says Spicer with a laugh. "It doesn't mean anything. We were just so psyched to be in the studio that we were drinking rum and Cokes and jumping around like Tom Cruise."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

SEE THE MOVIE! NOW PLAYING

the GIRL with the DRAGON TATTOO

THE GIRL WHO PLAYED WITH FIRE

STIEG LARSSON

NEW YORK TIMES BESTSELLER

"COMPPELLING, CRIME-SOLVING ACTION." —TORONTO STAR

AUTHOR OF THE GIRL WITH THE DRAGON TATTOO

Now in paperback, Book Two of THE MILLENNIUM TRILOGY

Over 27 Million Copies Sold Worldwide

"A franchise that rivals *Twilight* and *The Da Vinci Code* for blockbuster sales and fan devotion." —TORONTO STAR



Win a trip for two to see Stieg Larsson's Stockholm



"BELIEVE THE HYPE." —PEOPLE

Visit Metronews.ca/Penguin to enter. Contest ends April 30.



Kate Moss has posed naked for her boyfriend Jamie Hince. The 36-year-old stripped off for a series of sexy black and white images — where she is wearing nothing but a German Kaiser helmet — taken by her rocker lover. FEMALEFIRST.CO.UK



JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic

JOHN. D. Quoc DTCM, C.A.C., D.A.C., B.S.C., B.Ph., D.N., D.O.
• Over 30 years clinical experience & research • Disposable Needles •
Dr. of Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massage Therapist
Former Professor at Saigon Medicine/Pharmacy University, Vietnam

FREE CONSULTATION

RECOMMENDED FOR:

Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis,
Tennis Elbow, Fibromyalgia, Whiplash, Arthritis, Crohn's Disease,
Insomnia, Allergic Rhinitis, Migraine, Asthma, Hypertension,
Diabetes, Gastritis, Chronic Fatigue, Back Pain, Stroke, Heart Problems
Impotence, Menopausal Syndrome, Depression...etc.

Vanier Medical Centre 292 Montreal Rd., Vanier
613 263 0063 • 613 276-7750

Why wait?

**FIRST 8 WEEKS
FOR
\$88⁺**

Look great. Feel great. **Lose weight.** Results guaranteed.

Call for your free, no-obligation consultation

1-800-254-4895

*See in-store for details. Offer available until May 31, 2010.
Herbal Magic © 2010. All rights reserved.

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES



SUNY Potsdam offers **teacher certification programs**,
full time on campus and part time in Ottawa.

- » Graduates will be eligible for certification through the Ontario College of Teachers
- » Receive grant assistance toward living on campus
- » Be placed in Ontario for student teaching

Program entry requires bachelor's degree with competitive grades.

OFF-CAMPUS PROGRAM (Ottawa):

Childhood Instruction (Primary/Jr. Divisions) begins 8/2010
go to www.potsdam.edu/ottawa

ON-CAMPUS PROGRAMS:

Childhood Ed. (Primary/Jr. Divisions) begins 5/2010, 8/2010 or 1/2011
Adolescence Ed. (Intermediate/Sr. Divisions)
Math, Science or Social Studies begin 5/2010
English begins 8/2010

OTTAWA INFORMATION SESSIONS

April 22 and 29, 2010 • 7 pm

Ottawa Catholic School Board, 570 W. Hunt Club Rd., Nepean, Ont.

KINGSTON INFORMATION SESSION

April 20, 2010 • 7 pm

Best Western Fireside Inn, 1217 Princess St., Kingston, Ont.

Reservations are helpful,
but not required.
Call or e-mail:
1-800-458-1142 (ext. 1)
graduate@potsdam.edu



Potsdam
THE STATE UNIVERSITY OF NEW YORK

www.potsdam.edu/admissions/graduate

Alley hungry for sitcom return

Big Life star angling for guest roles on Glee, Modern Family

Kirstie Alley has found comedy in reality TV with A&E's Big Life. But she's still got her eye on scripted shows.

Alley said she would adore guest roles on Glee and Modern Family and knows exactly what they should be. On Fox's show about a high school glee club, Alley could see herself as an acting coach in search of singing talent for a musical.

On ABC's Modern Family, she's itching for a more maternal part.

"I want to play the gay guy's mom," she said, referring to the heavysset character of Cameron, partner to Mitchell (actors Eric Stonestreet, Jesse Tyler Ferguson). "And they've got to do it quick, while I'm still plump."

As viewers of her Kirstie Alley's Big Life know, the actress is intent on shedding the pounds that have routinely landed her on the covers of what she dismisses as rag magazines.

Articles and photos that



Actress Kirstie Alley sits on a yoga mat during a session with a trainer in a scene from the reality series Kirstie Alley's Big Life.

she says distort her and her life are part of the reason she decided to appear

in her first reality series.

"Anything bad you can say about me, they say. I've

"Anything bad you can say about me, they say. I've never collapsed, fainted, passed out. Basically, anything they've said, I never. The only true thing is I got fat." Kirstie Alley

never collapsed, fainted, passed out. Basically, anything they've said, I never. The only true thing is I got fat," Alley said.

She also sees the show as a vehicle to provide a realistic take on issues surrounding weight loss.

"I wanted people to watch the journey of it, instead of me showing up with, 'Oh, I'm skinny,'" said Alley, 59.

The ex-Jenny Craig spokeswoman is aiming to drop 80 pounds through an organic regimen she's launched.

THE ASSOCIATED PRESS

NAC Dance presents

Saburo Teshigawara/KARAS

MIROKU

Photo: Bang Wansellus

April 29 - 30
NAC Theatre, 7:30 p.m.
Tickets from \$35

"He approached the ultimate form of dance, and created a magnificent epic of the human spirit."

— The Asahi Shimbun



Supported by the Agency for Cultural Affairs
Government of Japan in the fiscal 2010

Supported by the Japan Foundation through the Performing Arts JAPAN Program

DANCE
2009-2010



NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS

www.nac-cna.ca

NAC BOX OFFICE MON.-SAT. 10 a.m.-9 p.m.
GROUPS 10+ 613-947-7000 x634 | grp@nac-cna.ca

LIVE RUSH
liverush.ca

ticketmaster.ca
613-755-1111

DRAMA. SUSPENSE. COMEDY.

Visit metronews.ca to watch **metrotube** of the day

Sharon's implants in Ozzy's hands

Sharon Osbourne says she's having her breast implants removed this summer and will give them to her husband, rocker Ozzy Osbourne, as a paperweight. The 57-year-old reality TV star is currently competing on NBC's *The Celebrity Apprentice*. **THE ASSOCIATED PRESS**



DVD picks



Avatar

Director: James Cameron

WOULDN'T YOU THINK that the DVD release of *Avatar*, The Movie That Changed The Face Of Cinema, would be an occasion to bang the drums, blow the trumpets and give critics an advance look at the product?

Not according to director James Cameron and Jon Landau, who have opted to go the no-peeking route in advance of Thursday's home video rollout of their multi-billion-dollar baby. They don't want to give any more of a head start to the pirates — Landau calls *Avatar* the "most bootlegged film in history" — but they insist it will be worth the wait.

It might be, if you dampen expectations considerably. The regular DVD and Blu-ray packages will both be missing the 3-D experience that made the *Avatar* the most successful movie in history during its theatrical run, which continues. You'll also have to use a computer rather than a DVD player, if you want to make use of the very few special features connected with the disc.

Cameron's created an alien world called Pandora that seems completely real, although it's lit like a fluorescent painting and populated by semi-naked blue aliens called Na'vi.

Their numbers come to include Earthling Jake Sully (Australia's Sam Worthington), a paralyzed U.S. Marine, whose human form remains in suspended animation while his life force assumes the form of a Na'vi warrior.

This saga of a so-called civilized man joining a not-so-primitive tribe is hardly original, and early suggestions that *Avatar* would play like an interplanetary *Dances With Wolves* have been largely borne out.

There are no deleted or extended scenes or director's commentaries.

Peter Howell/for Metro Canada

Caught in comic-book world

Morgan follows up *Watchmen* with another fanboy favourite

NED EHRBAR
Metro World News

After stealing the show as bitter antihero the Comedian in last year's *Watchmen*, Jeffrey Dean Morgan steps up as Clay, the leader of a group of double-crossed special forces soldiers in *The Losers*, another comic-book adaptation.

He's making quite a name for himself in the comics world — though *Grey's Anatomy* fans may beg to differ — and it's not something he's exactly complaining about. Morgan sat down with Metro to talk about heavy research and the trouble with walking into comic book shops.

The Losers opens Friday



Jeffrey Dean Morgan steps up as comic-book character Clay in *The Losers*.

Q Did you get a chance to read *The Losers* before making the movie?

A Absolutely. I picked up the comic books during the midst of

the *Watchmen* stuff, and I remember going into a little comic book store in New York and I walked in and there were Comedian dolls and stuff all over the walls. It was a pretty surreal moment. And I was like, I need this comic book, *The Losers*,

and immediately they were like, "Are you doing the movie?"

Q So now if you buy a comic book, do people assume you're doing the movie?

A I think they might. That's very possible. I'll go grab

Wonder Woman tomorrow. [Laughs] Luckily this kind of audience has sort of embraced me. It's a good world to be in. So I'm really happy with it. So if I can go to a comic book store and people are excited to see me and wondering what I'm picking up, that's a cool deal.

Q And you're starting a new movie that's not based on a comic book, right?

A I start a project called *The Fields*, with myself and Sam Worthington. I've kind of been in preproduction doing my homework and research for that for the past month and a half, which has been very intense. We're playing two actual cops in Texas City, Texas, investigating these serial killings.

Q How did you get that level of camaraderie in *The Losers*?

A I think that was pure luck. Normally we'll sit and talk about how great the chemistry was with the cast, and that's usually bulls—. This truly was. As soon as we hit Puerto Rico and started the training process, we sort of just fell in love with each other. There weren't any egos, and we all had this very similar sense of humour.

DT	Vu SC C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/20/10	265 353 2 TVO	The Choir (Part 3 of 4)	The Agenda With Steve Paikin	Unforgiven (N)	100 Greatest Discoveries	Agenda-Paikin				
	211 331 3 GTV	Entertainment	ET Canada	Glee (HDTV) (N)	The Good Wife "Bad"	News Hour				
	- 5 SRC	Virginie (SC)	La Factice (N)	Musée Eden (N) (SC)	Le Téléjournal Nouvelles (SC)	TJ Ontario				
	209 342 6 CHRO	Degrassi: TNG	TMZ (N)	The Middle	Old Circuit	(10:02) V (HDTV) (N)				
	196 311 7 CTV	etalk	Access H.	American Idol	Lost "The Last Recruit"	Law & Order: SVU				
	208 303 8 CBC	NHL Hockey: Pittsburgh Penguins at Ottawa Senators (HDTV) (Live)		National	NHL Hockey: Sharks at Avalanche	CTV News				
	- 360 9 NBC	Wheel Fortune	Jeopardy! (N)		Parental (HDTV) (N)	News				
	117 713 10 TVA	La Fiebre de la danse (SC)	Caméra café	Taxi 0-22 (SC)	La Grande Évasion (HDTV)	TVA nouvelles	(10:45) Denis Lévesque			
	- 11 QS	Big Brother QC	Roxy (N)	CSI: NY (SC)	Flashpoint (SC)	L'Attaque à 5 (N)				
	137 763 12 TFO	Panorama	Vu du large (SC)	Embrassez qui vous voulez (2002, Com. Sentimentale)						
	- 362 13 CBS	The Insider (N)	Judge-Brown	NCIS: Faith (HDTV)		The Good Wife "Bad"				
	216 395 14 OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	TwoHalf Men	King			
	214 344 15 CITY	Law & Order: SVU		The Biggest Loser A contestant gets devastating news.		Parental (HDTV) (N)				
	115 343 16 CFMT	TwoHalf Men	The Office	Omni News: Italian Edition (N)	Vivere V	Omni News: Law & Order: Criminal Intent				
	218 345 18 CHCH	Summer City **	1977, Drama, John Jarratt	Diamonds Are Forever *** (1971, Action) Sean Connery, Jill St. John	Lost "The Last Recruit"	(10:02) V (HDTV) (N)				
	- 361 20 ABC	Action News	Entertainment	Dancing With the Stars						
	512 396 24 CPAC	La Période de questions		Heure polit.	L'Heure politique					
	561 355 25 CTS	Little House on the Prairie		Father Dowling Mysteries	100 Huntley Street	Life Today	This Is Day			
	- 365 36 FOX	TMZ (N)	Seinfeld	American Idol	Glee (HDTV) (N)	FOX 2 News (N)				
	- 64 PBS	All-Star Auction								
	205 312 104 CTV	etalk	Access H.	American Idol	Lost "The Last Recruit"	Law & Order: SVU				
	502 390 26 NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)	CBC News: The National	CBC News: The National				
	500 500 33 CNN	John King, USA (N)		Campbell Brown (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV) (N)				
	406 417 27 net	MLB Baseball Kansas City Royals at Toronto Blue Jays. From Rogers Centre in Toronto.				Sportsnet Connected				
	126 730 38 RSN	24 Heures en 60 minutes		Grands reportages (SC)	Le Téléjournal (SC)	RDI économie	Le National			
	400 280 30 TSN	(6:30) NHL Hockey Phoenix Coyotes at Detroit Red Wings.			NHL Hockey Chicago Blackhawks at Nashville Predators (HDTV) (Live)					
	410 403 52 SCR	Cabby Unlimit	NBA Basketball Teams TBA. (Live)		Score Now	Score Now	Score Now			
	411 457 56 OLN	Ghost Hunters		Destination Truth	Oper. Repo	Oper. Repo	Ghost Hunters			
	417 406 59 CBC	NASCAR	NASCAR Hub	Race in 60 (HDTV) (N)	NASCAR Hall of Fame (HDTV)		Dangerous Drives (HDTV)			
	554 544 48 TEL	Johnny Test	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama		
	557 540 51 FAM	Sonny Chance	Suite Life	Overruled!	Har. Montana	Wizards-Place	Ned's School	Cory in House		
	551 542 65 YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	Family Biz		
	570 580 29 MS	The Daily Fix		Ranked!	mmtp10.ca	HammerTime	Gimme Sugar	Frankly Jewels		
	516 520 31 A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)	Criminal Minds (HDTV)		Criminal Minds (HDTV)			
	628 584 32 SPKE	Warrior	Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV)			
	521 560 34 TFC	Ultimate Cake Off		Your Kid Ate What? (N)	19 Kids-Count	19 Kids-Count	Chocolatiers	Chocolatiers		
	145 761 35 TVL	Zoom animal		Partir autrement	Les Invincibles (SC)		ADN: Accel.	Nouva		
	616 521 39 SHO	Relic Hunter		Tell Me No Lies (2007, Suspense) Kelly Rutherford			Californication	Secret Diary		
	620 523 40 BVO	Live at the Rehearsal Hall		Audience Neil Diamond	Bryan Ferry Dylanesque		Spectacle: Elvis			
	520 505 42 DIS	Daily Planet (N)		How It's Made	How It's Made		Destroyed	Destroyed		
	575 583 43 CMT	Amer. Funniest Home Videos		Reba	Reba		According-Jim	Home Improve.		
	601 562 45 SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas		Wedding SOS	Wedding SOS		
	625 548 46 COM	Air Force	22 Minutes	Comer Gas	Name Is Earl		Wedding SOS	Wedding SOS		
	529 529 47 TBS	MLB Baseball Philadelphia Phillies at Atlanta Braves. From Turner Field in Atlanta.					File-Conchords	Awesome		
	600 564 49 H&G	House Hunters	Property Virgin	Outdoor Room	Curb/Block	Sarah's House	Genevieve	House Hunters		
	627 528 50 SPC	Stargate Atlantis	(DVS)	Star Trek: Voyager		Medium (HDTV)		Fringe "White Tulip" (N)		
	581 566 53 MTV	After	Cribs	Cribs	Green Day Rks	16 and Pregnant "Lizzie"		16 and Pregnant (N)		
	618 524 54 TROP	The Celebrity Apprentice (HDTV) (N)				Dog Whisperer	End of Leash	Last 10		
	522 506 55 HS	Aftermath (HDTV)		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Nostradamus Effect		
	129 773 60 CD	Biographies (HDTV)		Ondes de choc		Images-chocs	Gangland (HDTV) (SC)			
	261 394 61 W	Murder, She Wrote		May-December	When I Laugh	SOUL	Unscripted (N)	Crazy for Love		
	602 567 62 V	Supernanny		Style by Jury	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		
	269 350 70 APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Blackfly	Moose TV	Rez Rides		
	621 527 71 TALK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		
	603 561 95 FN	Ricardo	Exotic	Dinner: Impossible (N)		Chef Abroad	Chef Abroad	Chefs vs. City "Chicago"		

critics'corner

Deadliest Catch

Fans of Phil Harris, the captain of the F/V Cornelia Marie who died in February, can have the bittersweet experience of watching Harris still very much in his element as season six premieres. "Slow Burn" finds tensions running high as the 2009 king crab season begins — and someone ultimately crosses a line. 10 PM on 42 DIS



NCIS: Los Angeles

The murder of a recently released convict forces Callen to go undercover using an old alias, while Sam (LL Cool J) and the team track him from a distance. Linda Hunt, Peter Cambor and Daniela Ruah also star in "Past Lives." 9 PM on 13 CBS

Parental

Amber's ex-boyfriend, Damien (guest star Eddy Rioseco), arrives from Fresno, putting the family on high alert. Zeek takes Adam (Peter Krause) on a road trip for father-son bonding and a little investment advice. Julia and Joel fear that Sydney may have Asperger's in the new episode "Rubber Band Ball." 10 PM on 15 CITY 9 NBC

Celebrity Buzz

Duhamel wants seven kids

HAPPY, SLEEPY, DOPEY, STRIPPER, PUBLIC APOLOGY, CAREER REHABILITATION AND DOC Josh Duhamel wants seven children. The actor can't wait to start a family with wife Fergie because he wants as many kids as possible, femalefirst.co.uk reports.

He said: "I have always loved kids. I am happy with one, but I will take seven."

While the 35-year-old

Black Eyed Peas singer also wants children, she has told her husband he must wait because she needs to focus on her career commitments first.

She said: "Sometime definitely in the future, yes." Af-

ter the tour, because I can't be jumping around with those other boys if I am."

Duhamel, 37, has also revealed the pair have discussed adopting a disadvantaged youngster.

He told America's OK! magazine: "I would love to adopt, especially the more you learn about the kids that are out there that need parents. I am a supporter of adoption."

METRO NEWS SERVICES

Garner rings in birthday with famous friends

NO MATT DAMON? LAME PARTY Jennifer Garner didn't really need candles as she celebrated her 38th birthday on Saturday — given that there was enough star wattage at her party to light up all of Pacific Palisades, people.com reports.

To mark the occasion at Garner and husband Ben Affleck's home, Reese Witherspoon brought her steady companion since February, Hol-

lywood agent Jim Toth, and her children, Ava and Deacon.

Also singing Happy Birthday to Garner: Molly Sims, Jason Bateman with wife Amanda Anka, Tobey Maguire with Jen Meyer, Don Cheadle, Jimmy Kimmel, Jon Favreau and Laurence Fishburne.

The weekend of celebrating actually started on Friday, when Garner and older daughter Violet, 4, devoted part of the afternoon to pampering her mother-daughter pedicures at Lemon Nails & Spa in Pacific Palisades.

METRO NEWS SERVICES

Vet claims to be Oprah's real dad

ITS MAURY TIME An 84-year-old veteran is desperate for Oprah Winfrey to believe that he is the talk-show host's biological father, according to the New York Post. "I'm her real father. I haven't seen her since she was a kid. She was a little bitty thing," Norh Robinson claims, adding that he's reached out to Winfrey before and offered to take a paternity test. "I never did get no answer," he says. "If I did, it didn't get to me." Robinson says he is not interested in Winfrey's fortune.



METRO WORLD NEWS

ABC extends olive branch to Nicollette

HELL HATH NO FURY LIKE A HOUSEWIFE SCORNED Executives at ABC are reportedly working on a peace offering intended to convince former Desperate Housewives star Nicollette Sheridan to drop her \$20 million lawsuit against the show and its creator, Marc Cherry, according to the Sunday Express.

"Our legal team is

working to get both sides together to see if they can help broker a compromise," a source says.

"This doesn't mean that anyone is going to hand Nicollette \$20 million to drop her action and walk away but there are various incentives that might be put on the table."

METRO WORLD NEWS

Woods ex headed to boob tube?

HEH. SEE WHAT I DID THERE? Tiger Woods' admitted mistress Jamie Jungers and Michelle "Bombshell" McGee, the woman behind the Jesse James/Sandra Bullock split, may have found a way to extend their time in the spotlight.

The pair have reportedly been offered a reality TV series called Celebrity Cheaters, ac-



cording to TMZ. Sources say the show would "catch celebrity

cheaters with their pants down."

The show hasn't been picked up by a network, but its producer, Bobby Goldstein, insists both women have already agreed to participate.

Obviously the mistress business is getting a little tough these days.

METRO WORLD NEWS

Underwood has 'no stress' about wedding details

BESIDES, THOSE ARE THE THINGS US WEEKLY TAKES CARE OF With love, life and career going so wonderfully for Carrie Underwood, why get anxious about a little thing like a wedding?

That seems to be the country star's attitude, particularly after winning the coveted entertainer of the year prize for the second straight year at Sunday's 45th Academy of Country Music Awards, people.com reports.

"We're not people who stress about anything," Underwood, 27, told People

about planning her nuptials with hockey player Mike Fisher. "We just focus on a few of the main things, and everything is like, whatever."

She added: "I don't care what colour napkins are on the table. I don't care. We're just both really laid back. Family, food and fun, that's all we really need. And, oh yeah, get married."



METRO NEWS SERVICES

Cibrian heckled at CMAs

JESSE JAMES: WELCOME TO YOUR FUTURE, PART I Eddie Cibrian and LeAnn Rimes laughed their way through the orange carpet at Sunday's Academy of Country Music Awards. But it was hardly a laughing matter when he hit the stage, us-magazine.com reports.

When Cibrian, 36, presented an award to Lady Antebellum, people in the press room

yelled, "Cheater."

A year ago, Us Weekly broke the news that Rimes, 27, and Cibrian had an affair while shooting a Lifetime movie. A short time later, they announced that their respective marriages — hers to Dean Sheremet; his to Brandi Glanville — were over.

METRO NEWS SERVICES

Madonna raves about Madonna Glee episode

SHE THOUGHT THE MUSIC WAS GREAT While she previously said she'd never heard of the show, Madonna has reportedly seen the episode of Glee devoted to her music — and she's impressed.

"I thought the Madonna episode of Glee was brilliant on every level," she tells Us Weekly. "The dialogue and the entire script was genius. I completely appreciated the layers of irony, especially when all those macho boys sang What It Feels Like For A Girl. The entire cast was amazing."



METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

PINK is trying to avoid chores, **ELIZA DUSHKU** is experiencing new things, and **JUSTIN BIEBER** is hoping he doesn't get stranded.

@Pink Does anyone wanna unpack my bus for me? Ill give you 5 dollars.

@elizadushku I slept with termites last night. For real. Some dead, some alive & crawling. Major growth, folks.

@justinbieber this is crazy. the cloud from the volcano in iceland is almost here and they are canceling all the flights...everyone is trying to leave



METRO NEWS SERVICES

OVER 110 YEARS OF TRUST!

Be a Willis Graduate...

...Don't compete with one!

Business Administration Specializing in Accounting, HR or Marketing

613-233-1128 • williscollege.com

Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie • Belleville

GOVERNMENT SECURITY CLEARANCE

WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY
EST. 1896

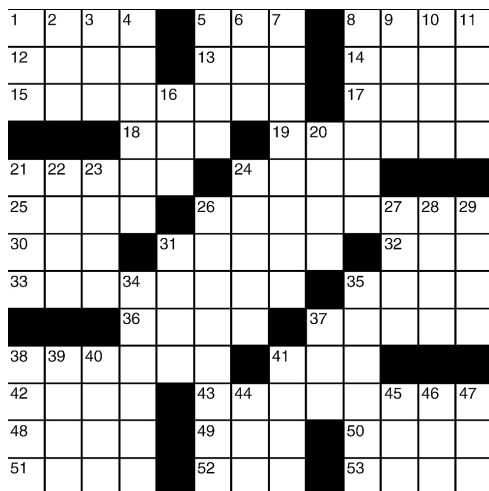
REGISTER TODAY!



STAY PREPARED WITH OUR MOBILE WEBSITE. Visit theweathernetwork.com on your mobile.

For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

- 1 Actor Pitt
- 5 Pro
- 8 Stereo counterpart
- 12 Tittle
- 13 Citrus beverage
- 14 First victim
- 15 Maryland city
- 17 Highway
- 18 Allow
- 19 Librarians' devices
- 21 Escargot
- 24 "Goldberg Variations" composer
- 25 Hemingway sobriquet
- 26 "Sesame Street" lesson
- 30 Donkey
- 31 George Harrison's "Isn't It —"
- 32 Listener
- 33 Icy desserts
- 35 British art museum
- 36 Germany's — Mountains
- 37 Drunkard
- 38 Elk

- 41 Resistance measure
- 42 Privy to
- 43 People of Lhasa
- 48 Showroom sample
- 49 Anger
- 50 Medley
- 51 Rams fans?
- 52 Wray of "King Kong"
- 53 Vegan's no-no

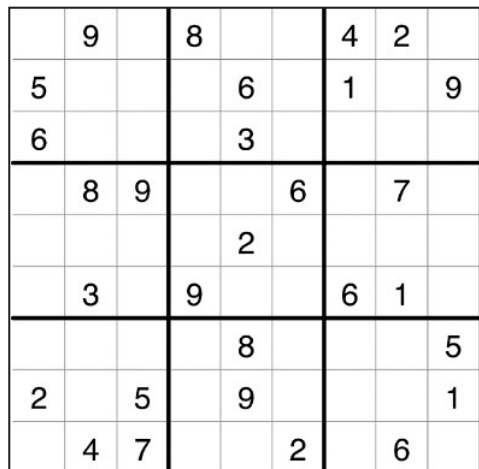
DOWN

- 1 Lobster eater's need
- 2 Fish eggs
- 3 Lawyer (Abbr.)
- 4 Pale violet
- 5 Quick
- 6 Peculiar
- 7 Does some more tweaking
- 8 First First Lady
- 9 Reed instrument
- 10 Approach
- 11 Automaker
- 12 Ransom Eli —
- 16 Moray, for one
- 20 Sore
- 21 Hot tubs

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

1	5	6	7	8	9	4	3	2
2	3	7	1	5	4	6	8	9
8	4	9	3	6	2	1	5	7
9	6	8	2	4	3	5	7	1
5	7	2	8	1	6	9	4	3
3	1	4	5	9	7	2	6	8
4	8	3	9	2	5	7	1	6
6	2	1	4	7	8	3	9	5
7	9	5	6	3	1	8	2	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Louisiana Seafood Gumbo

INGREDIENTS:

- 250 g peeled, deveined large shrimp
- 3 tbsp all-purpose flour
- 3 tbsp canola oil
- 1 large onion, chopped
- 1 red pepper, chopped
- 4 cloves garlic, minced
- 3 1/2 cups chicken broth
- 2 cups okra pods, sliced
- 2 bay leaves
- 1 tsp thyme
- 1/2 tsp cayenne pepper
- 250 g turkey sausage, sliced
- 250 g lump crab meat, picked over and flaked
- 1 cup shucked oysters, undrained

METHOD:

1. Rinse shrimp and pat dry; refrigerate. For roux, in heavy Dutch oven, stir together flour and oil until smooth. Cook over moderate heat, stirring constantly, 5 to 7 minutes or until

roux is dark brown.

2. Add onion, red pepper and garlic. Cook 8 to 10 minutes or just until vegetables are tender, stirring frequently. Gradually stir in broth. Stir in okra, bay leaves, thyme and cayenne. Bring to boil. Lower heat and simmer, covered, 20 minutes.
3. Add sausage. Simmer, covered, 10 minutes. Add shrimp, crab and oysters. Bring to boil. Lower heat and simmer, uncovered, until shrimp and crab turn opaque. Discard bay leaves. Spoon off fat. Serve with rice.

SERVES 6



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
In recent weeks you have been very much your own boss but as the Sun moves out of your sign you need to be a bit more realistic.



TAURUS
APRIL 21-MAY 21
No matter how many disappointments you may have suffered in recent weeks better times are just around the corner — you can feel them.



LIBRA
SEPT 23-OCT 23
Over the next few days you will be confronted with some money-making opportunities. It's up to you whether or not you take the risk.



SCORPIO
OCT 24-NOV 22
The Sun's entry into your opposite sign marks the halfway point of your solar year, making this the ideal time to look back over the past six months.



GEMINI
MAY 22-JUNE 21
The Sun moves into the most sensitive area of your chart today and because of that there is a danger you could get a bit depressed. It will pass.



SAGITTARIUS
NOV 23-DEC 21
Don't feel envious just because someone has done better than you. Not even a Sagittarius can be Number One all the time.



CANCER
JUNE 22-JULY 22
Don't try to impose your beliefs on other people today because they simply won't listen. They've got their own views after all.



CAPRICORN
DEC 22-JAN 20
The past few weeks may have been frustrating but the Sun's change of signs will put a spring in your step and bring a smile to your face.



LEO
JULY 23-AUG 23
As the Sun crosses the mid-heaven angle of your chart today you are sure to feel more ambitious than usual. You can accomplish great things.



AQUARIUS
JAN 21-FEB 18
Your instincts seem to be telling you that there is bad news on the way but don't jump to conclusions.



VIRGO
AUG 24-SEPT 22
If you have plans to be on the move over the next few days they are sure to go well. At this time of year you want to break free of restrictions.



PISCES
FEB 19-MARCH 20
Today's challenges may not be enjoyable but you are ready for them and determined and you'll approach them in the right frame of mind.



FLIGHT CENTRE *Unbeatable*

2010 FIFA World Cup Packages on sale now.

Watch your favourite team play live this summer in South Africa! Includes roundtrip air, transfers, accom and match tickets. Call now for customized packages.

1 866 720 4853 | flightcentre.ca

Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

This day in history

- 1862 — Louis Pasteur and Claude Bernard complete the first pasteurization tests.
- 1912 — Opening day for baseball stadiums Tiger Stadium in Detroit, Michigan, and Fenway Park in Boston, Massachusetts.
- 1961 — Failure of the Bay of Pigs Invasion of US-backed troops against Cuba.
- 2007 — A man with a handgun barricades himself in NASA's Johnson Space Center in Houston, killing a male hostage and himself.
- 2008 — Danica Patrick wins the Indy Japan 300 becoming the first female driver in history to win an Indy car race.

METRO NEWS SERVICES

WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY
EST. 1896

Business Administration Specializing in
Accounting, HR or Marketing

613-233-1128

WILLISCOLLEGE.COM

Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie • Belleville

AIR CANADA VACATIONS

Europe

your way

THE AIR CANADA VACATIONS ADVANTAGES

- **FREE** sightseeing tour with Air & Hotel packages
- **FREE** advance seat selection
- On-demand personal seat-back entertainment
- Over 30 non-stop flights daily

SAVE UP TO **\$400**
per couple
& EARN **5,000**

Bonus Aeroplan® Miles per member
when you book by April 30, 2010.¹

Flights • Hotels • Car rentals • Rail passes • Transfers • Sightseeing tours • Show tickets • Cruises

Air, Hotel & City Tour

LONDON

Kensington Close • 4★

Breakfast daily
Double standard rm.
June 7-9 • 6 nts.

FREE Hop-on / Hop-off tour

\$979 *Taxes & other fees
(including service charges): \$396

Air & Car

BOOK AIR TO LONDON
AND ADD A 7-DAY CAR RENTAL²

\$50

FOR *Taxes included
Valid for travel from Aug. 25 and completed by Dec. 18, 2010.

Air, Hotel & City Tour

ROME via Montreal

Mercure Roma Piazza Bologna • 3★

Breakfast daily • Standard rm.
June 9-11 • 6 nts.

FREE Hop-on / Hop-off tour

\$1099 *Taxes & other fees
(including service charges): \$316

Air & Cruise

Costa Cruises³

Costa Marina

Mediterranean Cruise
Round-trip flight to Barcelona via Montreal
Interior stateroom, cat. 12
June 14 • 1 wk.

\$1849 *Taxes & other fees
(including service charges): \$357

Book by April 30, 2010 and SAVE \$200 per couple

Two-city package

LONDON & PARIS

Non-stop flight to London,
return from Paris via Toronto
Train travel between cities

Hotel Ibis London Earls Court • 3★ (London)

Breakfast daily • Standard rm. • 4 nts.

FREE Hop-on / Hop-off tour

All Seasons Paris Gare de l'Est • 3★ (Paris)

Breakfast daily • Standard rm. • 3 nts.

June 3 & 6-8

\$1199 *Taxes & other fees
(including service charges): \$368

aeroplan

Earn up to 13,250 Aeroplan® Miles per member⁴

Sun Destinations

DOMINICAN REPUBLIC

Samana via Toronto

Gran Bahia Principe

Cayacoa • 4★

All-Inclusive • Standard rm.

June 6, 13 & 20 • 1 wk.

\$599

*Taxes & other fees
(including service charges): \$322

Punta Cana via Toronto

Occidental Grand Punta Cana • 4★

All-Inclusive • Junior suite

May 16 • 1 wk.

\$699

*Taxes & other fees
(including service charges): \$322

JAMAICA via Toronto

Gran Bahia Principe

Jamaica • 4 1/2★

All-Inclusive • Junior suite

May 9-14, 18-23 & 31

1 wk.

\$899

*Taxes & other fees
(including service charges): \$283
Please add \$50 for Sat. & Sun. departures

TURKS & CAICOS via Toronto

The Verandah

Resort & Residences • 4★

All-Inclusive • Garden view studio

June 5-20 • 1 wk.

\$2069

*Taxes & other fees
(including service charges): \$228

SAINT LUCIA via Toronto

Almond Morgan Bay • 4★

All-Inclusive • Standard pool
and garden view rm.

May 1, 8 & 15 • 1 wk.

\$1399

*Taxes & other fees
(including service charges): \$227

Cruises

Holland America Line⁵

Ryndam® • Northbound Alaska Cruise

Flights to Vancouver,

return from Anchorage via Toronto

Interior stateroom, cat. L

July 4 • 1 wk.

\$1759

*Taxes & other fees
(including service charges): \$205

IBEROSTAR HOTELS & RESORTS

CUBA

Cayo Coco/Cayo Guillermo

via Toronto

Iberostar Daiquiri • 4★

All-Inclusive • Standard rm.

May 15-June 19 • 1 wk.

\$579

*Taxes & other fees
(including service charges): \$238
Departure tax: 25 CUC cash, paid locally

Varadero via Toronto

Iberostar Laguna Azul • 4 1/2★

All-Inclusive • Standard rm.

May 8-June 21 • 1 wk.

\$769

*Taxes & other fees
(including service charges): \$238
Please add \$50 for Sat. & Sun. departures
Departure tax: 25 CUC cash, paid locally



Iberostar Daiquiri



Fly in style - Upgrade to Executive Class® service⁶

aircanadavacations.com

Call 1 866 529-2079 or your travel agent

Prices in this ad are in Canadian dollars and are valid for bookings made between Apr. 20 & 24, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #50013537. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ¹ Offer valid for travel from July 1 and completed by Oct. 31, 2010 on air-inclusive Europe packages. Minimum three-night stay is required. Not applicable to group bookings. ² Savings not applicable when booking a car as part of an Air & Hotel package. Minimum car rental: 3 days. Valid for travel completed by Dec. 31, 2010. Savings is per car. Economy 24-door manual AC. Insurance extra. ³ Costa Cruises ships' registry: Italy. ⁴ Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Ottawa to Rome via Montreal, are awarded on flight-inclusive travel only, and are per Aeroplan member and include 5,000 bonus Aeroplan Miles for bookings made by Apr. 30, 2010 for departures between Apr. 1 & Dec. 31, 2010. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. ⁵ Holland America Line Inc. ships' registry: The Netherlands. ⁶ Executive Class® not available on flights to Barcelona. ⁷ Aeroplan is a registered trademark of Aeroplan Canada Inc. ⁸ Air Canada Vacations is a registered trademark of Air Canada, used under license by Tourism Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.